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**Tuesday**



David Paterson is sworn-in as New York governor. AP

**Sworn In:** Paterson preaches unity in succeeding Spitzer | **4**

**Gun Ban:** Supreme Court to hear arguments on Tuesday | **9**



**Terps No. 1:** Make your picks in the women's bracket | **18**

**ENTERTAINMENT**

**Irish Touch:**

*Flogging Molly* gives punk a charming Celtic twist. Plus, We Care Concert details.

>> **11-15**



MOHAMMED SAWAF/AFP/GETTY IMAGES

## Female Suicide Bomber Kills 43 in Iraq

**DEADLY DAY:** Iraqi security forces secure the site of an attack by a female suicide bomber that killed 43 people in Karbala on Monday. The blast was the deadliest in a series of attacks that left 72 Iraqis dead. Two U.S. soldiers also were killed, bringing the number of American casualties to 3,990 since the Iraq war began five years ago. ♦ **Cheney trip:** Violence mars vice president's Iraq visit | **Page 6**

## Fed Aims To Stave Off Crisis

Central bank on 'high alert' after Bear Stearns' collapse

WASHINGTON | The Federal Reserve is primed to aggressively cut a key interest rate even lower on Tuesday, racing to contain spreading financial fires that threaten an economic meltdown.

President Bush declared "we're in challenging times" and huddled Monday with top economic officials — including Fed Chairman Ben Bernanke, Treasury Secretary Henry Paulson and Securities and Exchange Commission Chairman Christopher Cox.



Bernanke

On Wall Street investors were still skittish. The Dow Jones industrials, in an erratic session, closed up 21.16 points, after having plunged nearly 200 points early in the day. Other stock indexes fell.

With the quick collapse of the investment bank Bear Stearns, fears are mounting about whether other financial companies may fall.

Many believe the country has already sunk into recession and all the problems — if not contained — will deepen and prolong the pain.

"The Fed is on high alert — something you don't see but once every quarter century; maybe, in this case, since the Great Depression. This is a very unusual period," said Mark Zandi, chief economist at Moody's Economy.com. JEANNINE AVERSA (AP)



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TUESDAY  
**47 | 43**



WEDNESDAY  
**66 | 47**



THURSDAY  
**54 | 36**

**TODAY:** Mostly cloudy with cooler temperatures and slight breeze | **30**



# eyeOpeners

## MORE INTERESTING

### Zeppelin Full of Wasps Destroys Los Angeles

Millions of swarming honey bees are on the loose after a truck carrying crates of the insects flipped over on a California highway. The California Highway Patrol says as many as 12 million bees escaped Sunday from the crates in which they were stored and swarmed over an area of Highway 99 and stung officers, firefighters and tow truck drivers trying to clear the accident. The flatbed was carrying bee crates each filled with up to 30,000 bees. Bradley says several beekeepers driving by the accident stopped to assist in the bee wrangling. (AP)



## MORE INTERESTING

### Cornflake Shaped Like Wyoming Found

Someone has offered more than \$50 on eBay for a piece of breakfast cereal that is touted as a lookalike to the state of Illinois. Emily McIntire, a 15-year-old sophomore in high school from Chesapeake, Va., said she was grabbing fistfuls of cereal on her way to class when she found the flake. "It was almost to my mouth, it didn't look like Illinois at first because it was held the wrong way," said McIntire, but then she noticed the resemblance and said, "Oh my goodness, it's Illinois." She and her sister are offering free shipping. (AP)

peake, Va., said she was grabbing fistfuls of cereal on her way to class when she found the flake. "It was almost to my mouth, it didn't look like Illinois at first because it was held the wrong way," said McIntire, but then she noticed the resemblance and said, "Oh my goodness, it's Illinois." She and her sister are offering free shipping. (AP)



## KIDS ARE WEIRD

### Children Not Freaked Out

After looking at this image, we are convinced that Lego replicas of the cannibals feasting on human flesh, the Passion of the Christ and the wholesale destruction of the universe would not alarm these German children, who are seemingly comfortable with one of the most alarming statues, Lego or otherwise, we have ever laid eyes on. (EXPRESS)

## MORE INTERESTING

### Toddler Safely Lands 747 on Small Island

A 15-year-old girl who stopped an out-of-control school bus she was riding

was handed a detention because she was skipping school at the time. Marina High School student Amanda Rouse was on a bus with 40 elementary school students Wednesday when the driver fell out of her seat after a turn and hit

her head. Rouse jumped up and applied the brakes, bringing the bus to a halt after striking two parked cars. No one was injured. She said she'd asked the bus driver for a ride because she felt sick at school. (AP)

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**GIVE 'EM HEEL:** A businessman is suing a night club in New York City because he claims he was injured during a lap dance. According to the lawsuit, the dancer swiveled and smacked him in the face with the heel of her shoe, causing "serious injuries."

## Nation



DAILY DIARY | WASHINGTONPOST.COM



CHARLES DHAER/PAK/AP

### IRAQ

#### Clinton Critical of Surge

Sen. Hillary Rodham Clinton said that the increase in U.S. troops in Iraq over the past year has "not accomplished its goals" in a speech this morning touting her plans to end the war in Iraq and criticizing the war positions of President Bush, John McCain and Barack Obama.

Clinton started her presidential campaign unwilling to apologize for her vote to authorize the war in 2002, but the New York senator has also shifted towards embracing a withdrawal of 1 or 2 brigades of troops each month from Iraq as soon as she is president.

Clinton suggested Obama's war opposition in 2002 was only rhetorical.

"He is asking us to judge him by his words, and words can be powerful — but only if the speaker translates them into actions and solutions. ... He didn't start working aggressively to end the war until he started to run for president," Clinton said. PERRY BACON JR.

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For extended analysis and up-to-the-minute reports from the campaign trail, visit [blog.washingtonpost.com/the-trail](http://blog.washingtonpost.com/the-trail)

# High Court to Review TV Profanity

## Justices will hear challenge to FCC ban on 'fleeting expletives'

WASHINGTON | The Supreme Court will decide whether it is indecent when some foul-mouthed celebrity drops the "F-word" on live television, stepping into its first major broadcast indecency case in 30 years.

The high court said Monday it would hear arguments in the case involving a government ban

### BACK TO BONO

→ The FCC changed its policy on indecency following a 2003 broadcast of the Golden Globes awards show by NBC when U2 lead singer Bono uttered the phrase "f----- brilliant." The FCC said the "F-word" in any context "inherently has a sexual connotation" and can trigger enforcement. NBC challenged the decision, but that case has yet to be resolved.

on "fleeting expletives," one-time uses of familiar but banned words that can bring big fines. The ban covers radio and television broadcasts but not the Internet, cable or satellite TV.

The case grew out of decision by the Federal Communications Commission in 2006 that two broadcasts of the "Billboard Music Awards" show were indecent, though the agency levied no fines. Cher uttered one fleeting expletive beginning with "F," Nicole Richie one beginning with "S."

Fox Broadcasting Co. and others appealed the decision, saying that the agency had changed its enforcement policy without warning and that the new ban was unconstitutional. A federal appeals court in New York agreed, 2-1, throwing out the ban and sending the case back to the agency, which appealed to the Supreme Court.

There was widespread surprise that the court took the case, and there was speculation the justices might take a broader look at the issue of indecency. JOHN DUNBAR (AP)

### NEW YORK | WIND POWER



STEPHEN CHERNIN/AP

**IRISH DITTY:** Bagpipers march Monday in the St. Patrick's Day Parade in New York. Firefighters, police officers, high school and military bands, step dancers, men in kilts, and many Irish-for-the-day took part in the festivities. "It's much more Irish than at home," said Irish tourist Joan Morgan, who watched from a spot near St. Patrick's Cathedral.

## Florida Dems Abandon Plans For Mail-In Vote

TALLAHASSEE, FLA. | Facing strong opposition, Florida Democrats on Monday abandoned plans to hold a do-over presidential primary with a mail-in vote and threw the delegate dispute into the lap of the national party.

Members of Florida's congressional delegation unanimously opposed the plan, and Barack Obama expressed concern about the security of a mail-in vote organized so quickly.

While the decision by Florida Democrats left the state's 210 delegates in limbo, Democrats in Michigan moved closer to holding another contest on June 3, The Associated Press learned. (AP)

# Manassas

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# Nation



"Contrary to the myth, I went through South Carolina and never said a bad word about Senator Obama — not one."

—Bill Clinton, who says he has gotten a "bum rap" from the media during his wife's campaign

## Paterson Sworn in as N.Y. Governor

State's first black chief executive gets warm welcome in statehouse

ALBANY, N.Y. | David Paterson was officially sworn in as New York's governor on Monday, becoming the state's first black chief executive and vowing to move past the prostitution scandal that has rocked the state Capitol.

Paterson, who is legally blind, was interrupted several times during his address with thunderous applause.

"This transition today is an historic message to the world: That we live by the same values that we profess, and we are a government of laws, not individuals," Paterson said.

Paterson, who becomes New



Chief Judge Judith Kaye administers the oath of office to Gov. David Paterson Monday in New York. Paterson said he would get right to work on state matters.

York's 55th governor, has said he will get right to work on the state budget and other matters.

"We move forward. Today is Monday. There is work to be done," Paterson said. "There was an oath to be taken. There's trust that needs to be restored. There are issues that need to be addressed."

The most important state business is the budget, and with an expected debt of more than \$4.6 billion, Paterson's first test won't be easy.

Senate Republican leader Joseph Bruno said Democrats and Republicans in the statehouse remain billions apart in budget negotiations, and "David is going to be right in the middle."

"I think he can be one of the best governors the state has ever had," Bruno said. VALERIE BAUMAN (AP)

## Death Toll From New York Crane Accident Hits 7

NEW YORK | The last of seven bodies was pulled from the rubble Monday at the site of a crane collapse that obliterated a town house and severely damaged other buildings.

Six construction workers and a woman in town for St. Patrick's Day were killed Saturday when the crane broke away from an apartment tower under construction and toppled like a tree onto buildings as far as a block away. The last three bodies were found Monday.

Eight people harmed in the accident remained hospitalized on Monday, officials said.

A preliminary city investigation found that the crane toppled after a steel collar used to tie it to the side of the building fell as workers attempted to install it. (AP)

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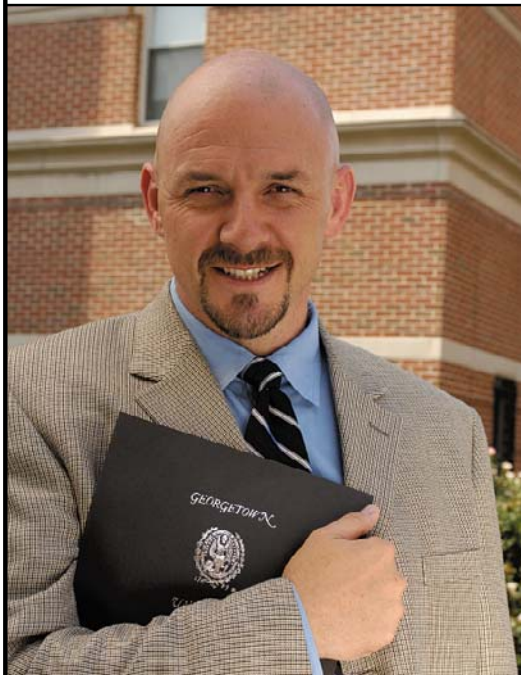
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# World

55

The percentage of Iraqis who believe their lives are good, according to a poll commissioned by ABC News, the British Broadcasting Corp., ARD German TV and Japanese broadcaster NHK that was released Monday. In August 2007, only 39 percent of Iraqis said their lives were good.

## Iraq Suicide Blast Kills at Least 43

### Female bomber strikes Shiite worshippers as Cheney, McCain visit

BAGHDAD | A female suicide bomber struck Shiite worshippers in the holy city of Karbala on Monday, an official and a witness said, killing at least 43 people and leaving pools of blood on the street leading to one of Iraq's most revered mosques.

The blast was the deadliest in a series of attacks that left at least 72 Iraqis dead, including six youths who were killed when mortar rounds slammed into a soccer

field in eastern Baghdad.

Two U.S. soldiers also were killed Monday in a roadside bombing north of Baghdad, bringing the American death toll closer to 4,000 as the U.S.-led war enters its sixth year. At least 3,990 members of the U.S. military have died since the beginning of the Iraq war in March 2003, according to an Associated Press count.

The violence marred overlapping trips by Vice President Dick Cheney and Sen. John McCain to Baghdad. Their visits were aimed at touting recent security gains and stressing Washington's commitment



Iraqis remove bodies from the site of a suicide attack in Karbala, Iraq, Monday.

### IRAQIS FLEE TO EUROPE Record numbers of Iraqis sought refuge in the European Union in 2007, according to a U.N. report released on Tuesday.

→ Asylum requests from Iraqis nearly doubled, with 38,286 applications in 2007 compared to 19,375 in 2006.

→ Nearly one in five people applying for asylum in the EU last year came from Iraq, making it the primary source country of asylum seekers in Europe for the second year in a row. (AP)

to fighting insurgents in Iraq. The U.S. Embassy and military issued a joint statement blaming al-Qaeda in Iraq for the Karbala attack.

The bomber struck after the worshippers had gathered at a sacred historical site about half a mile from the golden domed shrine of Imam Hussein, a grandson of the Prophet Muhammad who was killed in a seventh-century battle.

Explosions also struck earlier Monday not far from the capital's heavily fortified Green Zone, shortly after Cheney arrived.

Noting the fragility of the security gains, Cheney warned against large drawdowns of American troops, saying it is important that "we not quit before the job is done."

KIM GAMEL (AP)

## In Brief

### MOSCOW

#### Putin Embraces Some of U.S. Proposal for Future Agenda

Outgoing President Vladimir Putin, in talks with President Bush's two top foreign policy aides on Monday, embraced a U.S. proposal to set a broad agenda for the future — not just on the thorny issue of missile defense but on a range of problems the next U.S. and Russian leaders will face. Putin, whose hand-picked successor, Dmitry Medvedev, is due to take office May 7, told Secretary of State Condoleezza Rice and Defense Secretary Robert Gates that his nation is ready to accept portions of a proposed new framework for often-troubled U.S.-Russian relations. He did not provide additional details. (AP)

### KANDAHAR, AFGHANISTAN

#### Suicide Car Bomber Kills 3 NATO Soldiers, 4 Afghans

A suicide car bomber attacked a group of international troops at a bazaar in southern Afghanistan on Monday, killing three NATO soldiers and four Afghans, officials said. Two Danish troops, a Czech special forces soldier and an Afghan translator were killed in the attack in the Gershik district of Helmand province. Four soldiers also were wounded in the attack, a NATO spokesman said on condition of anonymity, citing policy. (AP)



Serb demonstrators throw rocks at U.N. and NATO forces during violent clashes in Kosovska Mitrovica, Kosovo, on Monday.

## Serbs Clash With U.N., NATO Forces

### Kosovo protesters attack peacekeepers with rocks, grenades

KOSOVSKA MITROVICA, KOSOVO | Serb demonstrators attacked international peacekeepers with rocks, grenades and Molotov cocktails Monday, setting off the worst violence in Kosovo since it declared independence last month.

The Serbs traded gunfire with U.N. and NATO forces in hours of clashes that wounded at least 62

U.N. and NATO forces and 70 protesters outside a U.N. courthouse.

The clashes began when the U.N. stormed the courthouse in the Serb stronghold of Mitrovica just before dawn to pull out protesters who had occupied it for three days to protest Kosovo's independence.

Hundreds of Serbs swarmed the area, blocking three U.N. police vans and ordering the officers to open the doors.

About half of the 53 arrested Serbs went free. The rest were taken out in armored vehicles and

were released by the U.N. after they were questioned.

Danish military police said they came under fire from protesters and shot back as they evacuated wounded officers. Machine-gun bursts could be heard until midday, although it was not clear who was firing. At least one U.N. vehicle and one NATO truck were set ablaze.

The U.N. said later it was pulling out of the Serb-dominated northern half of Mitrovica because of the shooting. RADUL RADOVANOVIC (AP)

## China Defends Its Hold on Tibet

BEIJING | China vowed Monday to defend its sovereignty in Tibet as Chinese troops set up checkpoints and mobilized to quell an uprising. A deadline for protesters in the Tibetan capital to turn themselves in passed without any apparent surrenders or arrests.

In the central government's first comment on the anti-China protests in Tibet, Foreign Ministry spokesman Liu Jianchao blamed the violence in Lhasa on supporters of the Dalai Lama, the revered spiritual leader who fled in 1959 after a failed uprising against Chinese rule.

"The Chinese government will unwaveringly protect its national sovereignty and territorial integrity," a ministry spokesman said. "The violent acts have demonstrated the true nature of the Dalai clique." (AP)

### SYDNEY | WADDLE ON



OUT FOR A STROLL: Fiordland penguins walk between the legs of a keeper at the Taronga Zoo in Sydney, Australia, Monday.



**EXECUTIVE WELCOME:** Pope Benedict XVI will be greeted by President Bush at Andrews Air Force Base in April at the start of the pontiff's U.S. trip, the Vatican said Monday.



## World

# Pakistani Leaders Gather

As new parliament meets, legislators vow to challenge Musharraf

ISLAMABAD, PAKISTAN | Lawmakers wearing lapel pins with pictures of slain former Prime Minister Benazir Bhutto vowed a new dawn for democracy Monday as Pakistan's parliament convened for the first time since opponents of the president claimed victory in last month's elections.

Legislative leaders promised to challenge U.S.-backed President Pervez Musharraf by slashing his powers and reviewing his counterterrorism policies.

But the president's foes face challenges themselves, including dealing with high inflation and other economic troubles, grappling with increased Islamic militancy — and resolving the question of who should be prime minister.

Jubilant legislators took their seats in the National Assembly as an imam's Quran recitation echoed through the hall. Female politicians



Former Pakistani Prime Minister Nawaz Sharif, left, listens to the widower of slain opposition leader Benazir Bhutto, Asif Ali Zardari, in Islamabad on Monday.

— 74 of them — tightened their head scarves.

"No assembly has ever been given such a clear mandate," said Javed Hashmi, a party lieutenant of former Prime Minister Nawaz Sharif.

In a televised ceremony, more than 300 lawmakers stood and repeated the oath of office. Some

were exultant, others solemn.

Musharraf stayed away from the session, where Sharif and Asif Ali Zardari, the widower and political successor of Bhutto, savored the moment from the gallery for dignitaries, since neither holds a legislative seat.

"This is the first step for democracy," Zardari said. STEPHEN GRAHAM (AP)

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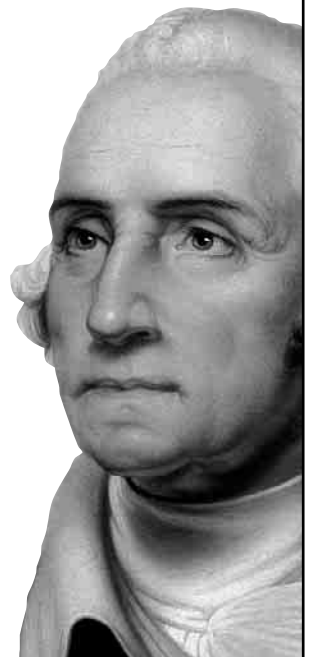
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# Money



**GREEN GIANT:** Wal-Mart Stores Inc. will open its latest generation of energy-efficient test stores this week with a Las Vegas Supercenter that uses new cooling technology to cut overall energy use by up to 45 percent.

## Fall of Bear Stearns Raises New Questions

NEW YORK | JPMorgan Chase & Co.'s cut-rate buyout of Bear Stearns Co. drove some jittery investors to dump shares of major investment banks and left others worrying who's next.

Wall Street's other big investment houses — including Goldman Sachs Group Inc., Lehman Brothers Holdings Inc. and Morgan Stanley — will face some tough questions when they begin reporting first-quarter results on Tuesday. Lehman CEO Richard Fuld denied the firm was facing similar liquid-

ity problems, but the stock nonetheless lost 20 percent of its value Monday.

In some ways, Bear Stearns' demise marks a turning point from the days of swashbuckling bankers striking multibillion-dollar backroom deals. The near-failure of one of the world's most respected investment houses — and the possibility that others might soon suffer the same fate — could bring about a new era of stricter regulations and a more conservative approach by traders. JOE BEL BRUNO (AP)

## Market Action

### New York Stock Exchange

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Iomega	3.64	+38	+11.7
JPMorgCh	40.31	+3.77	+10.3
SanitndBcp	12.74	+1.06	+9.1
CrwfdB	4.70	+39	+9.0
NuSkin	19.55	+1.20	+6.5

#### Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
BearSt	4.81	-25.19	-84.0
MF Globl n	6.05	-11.30	-65.1
NatlCity	7.52	-5.63	-42.8
TempurP	10.50	-6.36	-37.7
CIT Gp	11.03	-4.20	-27.6

### NASDAQ Stock Market

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
PacifiNet	2.43	+90	+58.8
QLT	3.47	+1.02	+41.6
BigDogH	7.68	+1.89	+32.6
Cardiom g	8.15	+1.91	+30.6
Iomai	1.05	-.02	-1.9

#### Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
FCStone s	21.44	-14.62	-40.5
RXi Phm n	7.58	-3.02	-28.5
ParentCo n	3.04	-1.01	-24.9
BostPrv	10.31	-3.19	-23.6
Quipp	3.00	-.87	-22.5

### Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	6.00	6.00
Fed Funds close	3.00	2.97
3-month disc	1.10	1.42
2-year	1.32	1.44
10-year	3.30	3.44
30-year	4.28	4.45

### Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4995	.4946	.5149
Canadian Dollar	1.0009	.9865	1.1757
European Euro	.6357	.6382	.7513
Japanese Yen	98.04	99.21	116.74
Mexican Peso	10.7759	10.7759	11.1896
Taiwanese Dollar	30.86	30.77	33.13

DOW NASDAQ S&P 500

+21.16	-35.48	-11.54
+0.18	-1.60	-0.90
11972.25	2177.01	1276.60

### Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	43.08	-1.38	-7.2
Amylin	24.77	-.90	-33.1
BiogenIdc	58.70	-1.63	+3.1
BioMarin	31.90	-1.54	-9.9
Celgene	54.35	-1.95	+17.6
ChRvLab	55.09	-.93	-16.3
Genentech	77.27	-1.56	+15.2
Genzyme	68.48	-3.59	-8.0
GileadSci s	46.76	-.79	+1.6
Illumina	65.48	-1.12	+10.5
Imclone	41.78	-.73	-2.8
Invitrogn	78.39	-3.39	-16.1
MillPhar	13.41	-.51	-10.5
QIAGEN	18.48	-.67	-12.2
Techn	64.91	-2.04	-1.7

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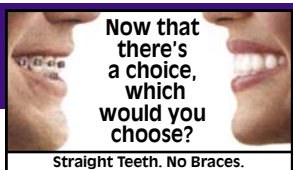
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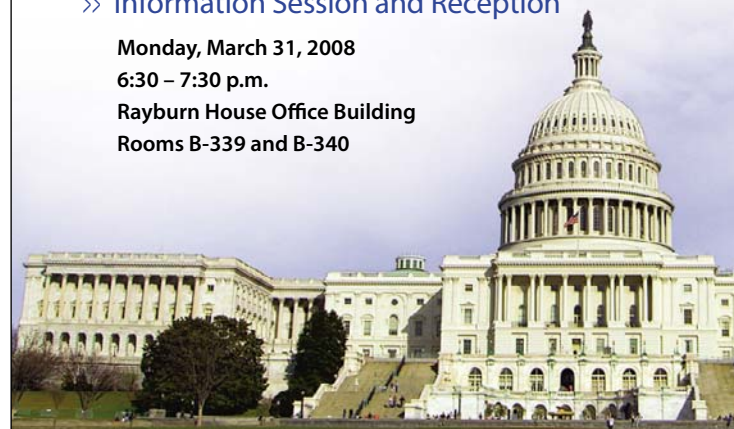
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## Local

# Gun Ban Sees High Court

## Justices will break new ground weighing Second Amendment

WASHINGTON | The Supreme Court gets to write on a blank slate when it takes up the meaning of the Second Amendment "right to keep and bear arms" and the District of Columbia's ban on handguns.

The nine justices have said almost nothing about gun rights, and their predecessors have likewise given no definitive answer to whether the Constitution protects an individual's right to own guns or whether that right is somehow tied to service in a state militia.

The case that will be argued Tuesday is among the most closely

### SUPREME HEARING

The last time the Supreme Court heard a case involving the second amendment was nearly 70 years ago:

→ The last Supreme Court ruling on the topic came in 1939 in *U.S. v. Miller*, which involved a sawed-off shotgun.

→ Constitutional scholars disagree over what that case means but agree it did not squarely answer the question of individual versus collective rights.

watched of the term, drawing 68 briefs from outside groups. Most of those support an individual's right to own a gun.

Even if they determine there is

an individual right, the justices still will have to decide whether the capital's 32-year-old handgun ban can stand and how to evaluate other gun control laws. This issue has caused division within the Bush administration, with Vice President Dick Cheney taking a harder line than the administration's official position at the court.

The local Washington government argues that its law should be allowed to remain in force whether or not the amendment applies to individuals, although it reads the amendment as intended to allow states to have armed forces. The City Council that adopted the ban said it was justified because "handguns have no legitimate use in [a] purely urban environment." (AP)

## Protests to Mark Iraq Anniversary

Antiwar protesters said Monday they plan a series of demonstrations starting Tuesday evening and continuing through Wednesday at an array of sites in downtown Washington that could disrupt traffic and block access to buildings.

The actions, aimed to draw attention to the fifth anniversary of the start of the Iraq war, are aimed at business, government, political and media centers that the protesters blame for the continuation of the war.

On Wednesday morning, demonstrators plan to target such sites as the headquarters of the Internal Revenue Service, at 12th Street and Constitution Avenue NW, which they said they hope to shut down, and the K Street corridor.

Antiwar veterans of the military plan a Wednesday morning march on the Mall from the National Museum of the American Indian to the Capitol. Other events are planned at the Department of Veterans Affairs, McPherson Square, and outside the White House.

MICHAEL E. RUANE (THE WASHINGTON POST)

### HAYMARKET, VA. | EARLY EASTER, EARLY HUNT



**EGG SCRAMBLE:** Kids pick up eggs as part of the New Life Christian Church and Dominion Valley Homeowners Association Easter Egg Hunt Monday. 5,000 eggs were dropped from a helicopter onto a field for kids to collect.

## The Lotteries

### Monday, March 18

#### DISTRICT

Mid-day Lucky Numbers	<b>4-0-6</b>
Evening Lucky Numbers (Sun.)	<b>7-3-5</b>
Mid-day DC 4	<b>3-5-8-5</b>
Evening DC 4 (Sun.)	<b>0-9-0-9</b>
Rolling Cash Five (Sun.)	<b>3-6-25-28-34</b>
Daily 6 (Sun.)	<b>3-5-15-20-23-34 Bonus: 35</b>

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

#### MARYLAND

Mid-day Pick 3	<b>3-9-7</b>
Evening Pick 3 (Sun.)	<b>2-3-0</b>
Mid-day Pick 4	<b>7-6-8-7</b>
Evening Pick 4 (Sun.)	<b>1-8-1-6</b>
Match 5 (Sun.)	<b>26-30-32-36-39 Bonus: 33</b>

#### VIRGINIA

Mid-day Pick 3	<b>6-1-3</b>
Evening Pick 3 (Sun.)	<b>2-6-8</b>
Mid-day Pick 4	<b>2-2-0-3</b>
Evening Pick 4 (Sun.)	<b>9-1-8-7</b>
Mid-day Cash 5	<b>1-13-16-19-22</b>
Evening Cash 5 (Sun.)	<b>4-10-13-16-31</b>

### ASTHMA STUDY

A Clinical Trial for People with asthma is being conducted at Johns Hopkins Bayview Asthma and Allergy Center. If you are suffering from on-going asthma symptoms and are between the ages of 18 & 55 years of age, and need to use inhaled corticosteroids you may qualify to participate in this research study. Qualified participants will receive study-related medication and will be compensated for their time and travel. To find out if you qualify to participate, contact Vicki at:

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## Local

336

**The number of days in jail** a Cumberland, Md., corrections officer was sentenced to for smuggling cigarettes into a federal prison. Prosecutors say Robb Phillips received \$14,000 since April 2006 for smuggling up to 50 packs of cigarettes a week. They say he used a large potato chip bag in his lunch box to sneak them into the facility.

# Burned-Out D.C. Church Carries On

## Meridian Hill Baptist moves to Pr. George's after devastating fire

WASHINGTON | A D.C. church that was heavily damaged last week in the five-alarm fire that displaced about 200 people from an apartment building next door is operating out of at a temporary home in

Prince George's County.

The Meridian Hill Baptist Church in Mount Pleasant was ravaged by last Wednesday's fire. Now it's boarded up and its stained-glass windows are secured.

The 400-member church shared its back wall with the apartment building that was largely destroyed.

The Reverend Calvin Cage says



Meridian Hill's roof was destroyed by fire.

many of the church's services are being transferred to Cathedral of Christ in Chapel Oaks. Cage is also pastor there.

Church members say the move is temporary. Mason Jackson says they've never dealt with such a situation before. But members say they will pray and work hard to restore the church's historic building. (AP)

## Plane Crash Kills Cardiologist, Son

FRONT ROYAL, VA. | Authorities say a cardiologist from Potomac, Md., and his 15-year-old son were killed when their small plane crashed moments after takeoff in Front Royal, Va. The Cirrus SR22 crashed about midnight Friday, killing Hector Collison and his son Sean. Authorities say the two had planned to fly to Baltimore-Washington International Airport. (AP)



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**STIFLER'S MOM:** Jennifer Coolidge is ponying up to join the cast of "Gentleman Broncos," Jared Hess' (director of "Napoleon Dynamite") comedy, which follows a high school outcast who attends a camp for writers. Hess and his wife, Jerusha, wrote the script.

## Entertainment



**LUCK OF THE IRISH-AMERICAN:** Dave King, standing at center, and Flogging Molly have found an unlikely but agreeable sound.

# Mixed Message

## Flogging Molly culls a clean blend of punk and traditional Celtic

**BICULTURAL** | Who said you can never go home again? For Dublin-born singer-guitarist Dave King of Irish-American punk rockers Flogging Molly, all it took was a little help from his eventual wife and bandmate, violinist Bridget Regan.

"When I heard Bridget playing the fiddle it brought out a lot of feelings in me," King said through a bright and friendly Irish brogue during a recent phone interview.

"I wanted to take that feeling and go back home — not physically of course. It just seemed to all fall together for me."

A lilting mix of traditional Celtic sounds — fiddle, banjo, accordion, tin whistle and uilleann pipes

— floating over punk riffs and backbeats?

You could say there isn't anything "traditional" about Flogging Molly.

With no help from a major label and relentless touring — King calls the band's 200 tour dates in 2007 a light year — Flogging Molly's fourth studio record, "Float," is set to drop this week after recording sessions in Ireland.

The result is fun and diverse, with plenty of longing for home sprinkled in.

Leaving his native land at age 17 in the late 1970's, King adjusted to his new country without a U.S. Permanent Resident Card — which left him incapable of going home for eight years.

"For whatever reason, I think I blocked out a huge portion of my life in Ireland as a kid and I was just working to find my feet in America," he said.

He eventually carved out an early niche and found modest success in various hard rock bands.

But something was missing.

"Everything that you're involved in, no matter what it is, growing up and playing music — hopefully the good bits stick," King said of his influences. "I think it all happened for a reason."

Over time, Flogging Molly's sound took shape. With a seven-piece of multi-instrumentalists — the current lineup also features Dennis Casey, Matt Hensley, Nathan Maxwell, Bob Schmidt and George Schwindt — Flogging Molly honed their chops at famed L.A. pub Molly Malone's (from which they culled their name).

Touring this year will take the band from the U.S. to Japan, Australia and through Europe.

"We don't try and rehash anything, taking old Irish songs and bashing them to death. Flogging Molly definitely has its own vibe going on. If the mix is right it'll sound good and taste good."

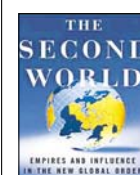
JOHN KOSIK (AP)



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**PARAG KHANNA**

## Will the Mighty Fall?



**1** Parag Khanna's here to tell it like it is, and like you don't want to hear it. In his book "The Second World," the

author outlines the ongoing geopolitical power struggle of the 21st century, and according to him, it's not looking too good for the U.S. of A. He holds a discussion tonight at Politics & Prose.

→ *Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)*



**TILLY AND THE WALL**

## Step in Time

**2** Omaha natives Tilly and the Wall have come up with a weirdly adorable shtick to keep interest piqued. Band member Jamie Williams provides the group's percussion with (drum roll, please) her tap shoes. Capgun Coup and Pash join in the cutesy fun tonight at the Rock and Roll Hotel.

→ *The Rock and Roll Hotel, 1353 H St. NE; 8 p.m., \$12; 202-388-7625.*

**DAVID BOND**

## Nerve-Soother

**3** Wind down from a party-packed, noise-filled weekend with the smooth sounds of David Bond at Blues Alley. A sax veteran, Bond has performed with the likes of Archie Shepp and Sonny Fortune, and tonight shares a bill with Andrew White.

→ *Blues Alley, 1073 Wisconsin Ave. NW; 8 & 10 p.m., \$25; 202-337-4141.*

## WHAT'S HAPPENING?

Please send press releases and photos to [expressevents@readexpress.com](mailto:expressevents@readexpress.com)

# Is Archuleta the Best 'Idol' Bet?

## Wunderkind gets 2-1 odds of success in magazine's rankings

**GAMBLES** | Who'll be president this time next year? Or NCAA champ? If you can correctly guess those winners, maybe predicting who'll be the next American Idol is in your deck of cards.

The oddsmakers at "Entertainment Weekly" tried their hand at the predictions game by doling out

**readexpress.com**

Which 'Idol' hopefuls have the best chance at success? Go to [readexpress.com/idol](http://readexpress.com/idol) and let us know what you think.

Vegas-style odds in their latest issue. At the top of the heap — no surprise — is David Archuleta, whom EW gave a 2-1 chance at success, even though he forgot the words to a Beatles classic last week.

At number two is Jason Castro,



**FORGETTABLE?** David Archuleta is on fans' minds, even if lyrics aren't in his.

who was given 7-2 odds. Carly Smithson, Brooke White and David Cook rounded out the top five. The mag's ratings aren't foolproof, of course. David Hernandez, who got the boot Thursday, was ranked number six.

We think Cook will have more staying power than EW predicts — talent still means something, right? — and Smithson surely has a better shot than Castro. We'd agree that Archuleta's still in the lead — unless his lyrical amnesia returns this week. GREG BARBER (EXPRESS)



## Entertainment



**CHEZ BIG MAMA:** Kathy Bates is in final negotiations to play a famed French courtesan and the mother of the title character (Cheri, played by Rupert Friend) in Stephen Frears' French period drama "Cheri." Michelle Pfeiffer will play Cheri's love interest.

# Can't Stop, Won't Stop

## The Hip Hop Caucus fights the powers that be with live jams

**ACTIVISM** | When Katrina hit in August 2005, Mia X, a New Orleans native, was in Houston celebrating her niece's birthday. Her family wasn't so lucky. Some died; most got out but lost all of their possessions.

"My heart just really goes out, because five days of not having anything, not having the necessities — I just don't know how strong I would have been," she said.

It was with that kind of sentiment in mind that the Hip Hop Caucus organized the We Care Concert at the 9:30 Club on March 18, the eve of the fifth anniversary of the



COURTESY OF MIA X/HIP HOP CAUCUS

**IT'S PERSONAL:** New Orleans native Mia X hits the stage in support of the displaced.

Iraq war. The event will recognize internally displaced Katrina victims who lost everything and Iraqi refugees whose lives have been destroyed by the war.

It's a politically charged message to be sure, and fans can expect to

hear speeches and see images of the displaced in the background while listening to the political rap.

"We do have to fight sometimes against the corporate side of hip-hop that puts out different things," says the Rev. Lennox Yearwood, the presi-

## readexpress.com

To read Express' conversation with the Rev. Yearwood, Mia X and Wise Intelligence, visit [readexpress.com/entertainment.php](http://readexpress.com/entertainment.php)

dent of Hip Hop Caucus. "So we try to push forth artists who are trying to do stuff in the community — people who are really impressive."

That list includes Mia X, Sess 4-5 and Young Singo, who have given time and money to New Orleans since Katrina; Wise Intelligent, who has been rapping about corporate America for years and has a youth program in New Jersey that introduces kids to careers in media; Saigon (of "Entourage" fame), who runs a program that deals with kids whose parents are in prison; and D.C.'s own Mambo Sauce and Uncalled for Experience. **IAN HERBERT (EXPRESS)**

→ 9:30 Club, 815 V St. NW; Tue., 7:30 p.m., \$15; 800-955-5566. (U St.-Cardozo)

# ABBA Drummer Dies at 62

**OBIT** | A former drummer for the Swedish pop band ABBA was found dead Sunday night with cuts to his neck in the garden of his house on the Spanish island of Mallorca. Police said Monday an autopsy showed it was an accident.

A Civil Guard spokesman said 62-year-old Ola Brunkert hit his head against a glass door, shattering the glass and cutting himself in the neck. He wrapped a towel around his neck and left the house to seek help, but collapsed in the garden.

Band member Bjorn Ulvaeus recalled Brunkert as "one of the best." **CIARAN GILES (AP)**

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<p><b>REGAL ENTERTAINMENT GROUP</b> <b>GALLERY PLACE STADIUM 14</b> 701 Seventh St NW 800-FANDANGO 1721#</p> <p><b>Adv. Tix on Sale TYLER PERRY'S: MEET THE BROWNS (PG-13) ★</b> <b>Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★</b> <b>HORTON HEARS A WHO (G) ★</b> (1150 215) 445 715 930 <b>DOOMSDAY (R) - ID REQ'D</b> (1200 235) 515 800 1040 <b>NEVER BACK DOWN (PG-13)</b> (1230) 345 730 1030 <b>COLLEGE ROAD TRIP (G)</b> (1140 210) 430 710 940 <b>THE BANK JOB (R) - ID REQ'D</b> (1145 220) 500 745 1020 <b>10,000 BC - DP (PG-13)</b> (1205 245) 615 915 <b>10,000 BC (PG-13)</b> (1250 130) 340 440 700 755 1000 1035 <b>THE OTHER BOLEYN GIRL (PG-13)</b> (110) 420 720 1015 <b>SEMI-PRO (R) - ID REQ'D</b> (1210 225) 455 735 950 <b>OC: VANTAGE POINT (PG-13)</b> (240) 1010 <b>VANTAGE POINT (PG-13)</b> (1225) 520 740 <b>STEP UP 2 THE STREETS (PG-13)</b> (1220) 540 1030 <b>JUMPER (PG-13)</b> (255) 810 <b>SPIDERWICK CHRONICLES (PG)</b> (1245) PM <b>IN BRIGGS (R) - ID REQ'D</b> (1155 230) 510 750 1025 <b>WELCOME HOME ROSCOE JENKINS (PG-13)</b> 350 650 945</p> <p><b>BALLSTON COMMON STADIUM 12</b> Glebe Rd, Arlington 800-FANDANGO 377#</p> <p><b>DOOMSDAY (R) - ID REQ'D</b> (1110 155) 440 735 1040 <b>BROWNS (PG-13) ★</b> (1120 210) 500 755 1030 <b>HORTON HEARS A WHO (G) ★</b> (1005 1130 1200 1230 155 225 255 420 450 520) 645 715 745 910 940 1010 <b>MISS PETTIGREW LIVES FOR A DAY (PG-13)</b> (1015 100 410) 700 930 <b>THE OTHER BOLEYN GIRL (PG-13)</b> (1040 145) 430 725 1020 <b>PENelope (PG)</b> (1035 115) 360 625 900 <b>BE KIND REWIND (PG-13)</b> (1050 125) 400 635 915 <b>VANTAGE POINT (PG-13)</b> (1220 305) 530 805 1035 <b>THERE WILL BE BLOOD (R) - ID REQ'D</b> (1240 415) 800 <b>JUNO (PG-13)</b> (1025 110 345) 620 855</p> <p><b>BOWIE STADIUM 14</b> 15200 Major Lansdale Blvd 800-FANDANGO 454#</p> <p><b>Adv. Tix on Sale TYLER PERRY'S: MEET THE BROWNS (PG-13) ★</b> <b>Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★</b> <b>HORTON HEARS A WHO (G) ★</b> (1115 1200 1245 145 225 315 400 450 530) 630 715 800 940 1015 <b>DOOMSDAY (R) - ID REQ'D</b> (1200 245 545) 815 1015 <b>NEVER BACK DOWN (PG-13)</b> (1200 240 445) 730 1015 <b>10,000 BC - DP (PG-13)</b> (1100 145 415) 700 930 <b>10,000 BC (PG-13)</b> (1215 500) 745 1045 <b>COLLEGE ROAD TRIP (G)</b> (1145 100 200 300 415 515) 615 730 830 945 1030 <b>THE BANK JOB (R) - ID REQ'D</b> (130 430) 715 1000 <b>SEMI-PRO (R) - ID REQ'D</b> (100 315) 530 745 1000 <b>VANTAGE POINT (PG-13)</b> (1130 130 400) 645 900 <b>WELCOME HOME ROSCOE JENKINS (PG-13)</b> (115 345) 630 930 <b>SPIDERWICK CHRONICLES (PG)</b> (1215 230 515) <b>JUMPER (PG-13)</b> 800 1030</p>	<p><b>POTOMAC YARD STADIUM 16</b> 3575 Jefferson Davis Hwy 800-FANDANGO 690#</p> <p><b>Adv. Tix on Sale TYLER PERRY'S: MEET THE BROWNS (PG-13) ★</b> <b>Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★</b> <b>NEVER BACK DOWN (PG-13)</b> (1100 200 450) 745 1035 <b>DOOMSDAY (R) - ID REQ'D</b> (1050 150 500) 755 1045 <b>HORTON HEARS A WHO (G) ★</b> (1110 1145 1220 135 210 245 400 435 510) 625 700 735 850 925 1000 <b>THE BANK JOB (R) - ID REQ'D</b> (120 420) 710 955 <b>COLLEGE ROAD TRIP (G)</b> (1120 1200 140 220 415 455) 635 715 900 940 <b>10,000 BC - DP (PG-13)</b> (125 425) 725 1025 <b>10,000 BC (PG-13)</b> (1210 1245 310 345) 615 645 910 945 <b>SEMI-PRO (R) - ID REQ'D</b> (1230 300 530) 800 1020 <b>OC: VANTAGE POINT (PG-13)</b> (355) 905 <b>VANTAGE POINT (PG-13)</b> (110) 640 <b>JUMPER (PG-13)</b> (145 410) 650 915 <b>SPIDERWICK CHRONICLES (PG)</b> (105 335) 610 840 <b>WELCOME HOME ROSCOE JENKINS (PG-13)</b> (1140 230 520) 810</p> <p><b>COUNTRYSIDE STADIUM 20</b> 45980 Regal Plaza 800-FANDANGO 394#</p> <p><b>Adv. Tix on Sale TYLER PERRY'S: MEET THE BROWNS (PG-13) ★</b> <b>Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★</b> <b>HORTON HEARS A WHO (G) ★</b> (935 1005 1035 1130 1200 1230 1010 155 225 255 325 420 450 520 550) 645 715 745 815 910 940 1010 1040 <b>DOOMSDAY (R) - ID REQ'D</b> (1110 210 500) 740 1015 <b>NEVER BACK DOWN (PG-13)</b> (1030 110 400) 710 1000 <b>10,000 BC - DP (PG-13)</b> (950 1250 345) 630 930 <b>COLLEGE ROAD TRIP (G)</b> (1000 1120 1220 140 240 410 510) 620 720 850 950 <b>THE BANK JOB (R) - ID REQ'D</b> (940 1215 315) 625 920 <b>MISS PETTIGREW LIVES FOR A DAY (PG-13)</b> (1020 1245 300 530) 750 1020 <b>10,000 BC (PG-13)</b> (1050 1145 130 245 435 535) 730 830 1035 <b>THE OTHER BOLEYN GIRL (PG-13)</b> (1045 125 430) 700 1005 <b>PENelope (PG)</b> (1040 115 350) 640 945 <b>SEMI-PRO (R) - ID REQ'D</b> (945 1210 250 540) 805 1030 <b>OC: VANTAGE POINT (PG-13)</b> (200) 915 <b>BE KIND REWIND (PG-13)</b> (1150 220 515) 800 1025 <b>VANTAGE POINT (PG-13)</b> (1140 415) 650 <b>JUMPER (PG-13)</b> (1010 1240 310 545) 810 1030 <b>SPIDERWICK CHRONICLES (PG)</b> (1100 120 340) 635 900</p> <p><b>ROCKVILLE CENTER STADIUM 13</b> Rockville Town Center 800-FANDANGO 248#</p> <p><b>Adv. Tix on Sale TYLER PERRY'S: MEET THE BROWNS (PG-13) ★</b> <b>Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★</b> <b>HORTON HEARS A WHO (G) ★</b> (1130 1200 155 225 420 450) 645 715 910 940 <b>DOOMSDAY (R) - ID REQ'D</b> (145 445) 730 1015 <b>NEVER BACK DOWN (PG-13)</b> (1145 230 515) 800 1045 <b>10,000 BC (PG-13)</b> (1130 100 200 345 445) 630 730 915 1015 <b>COLLEGE ROAD TRIP (G)</b> (1145 200 430) 700 930 <b>THE BANK JOB (R) - ID REQ'D</b> (1145 215 500) 745 1030 <b>MISS PETTIGREW LIVES FOR A DAY (PG-13)</b> (1200 215 445) 715 945 <b>THE OTHER BOLEYN GIRL (PG-13)</b> (100 345) 630 930 <b>SEMI-PRO (R) - ID REQ'D</b> (130 400) 615 830 1045 <b>VANTAGE POINT (PG-13)</b> (1230 530) 1000 <b>OC: VANTAGE POINT (PG-13)</b> (300) 745 <b>SPIDERWICK CHRONICLES (PG)</b> (115 345) <b>STEP UP 2 THE STREETS (PG-13)</b> 615 900 1130</p>	<p><b>FAIRFAX TOWNE CENTER 10</b> 4110 W Ox Road 800-FANDANGO 670#</p> <p><b>DOOMSDAY (R) - ID REQ'D</b> (120 355) 730 1010 <b>NEVER BACK DOWN (PG-13)</b> (145 430) 715 1000 <b>10,000 BC - DP (PG-13)</b> (130 410) 710 950 <b>10,000 BC (PG-13)</b> (100 200 340 440) 640 740 920 1020 <b>COLLEGE ROAD TRIP (G)</b> (110 150 330 420) 630 720 900 940 <b>THERE WILL BE BLOOD (R) - ID REQ'D</b> (115 435) 800 <b>SEMI-PRO (R) - ID REQ'D</b> (140 400) 700 930 <b>SPIDERWICK CHRONICLES (PG)</b> (125 350) 650 <b>JUMPER (PG-13)</b> 910 PM</p> <p><b>GERMANTOWN STADIUM 14</b> 20000 Century Blvd 800-FANDANGO 455#</p> <p><b>Adv. Tix on Sale TYLER PERRY'S: MEET THE BROWNS (PG-13) ★</b> <b>Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★</b> <b>HORTON HEARS A WHO (G) ★</b> (1130 1200 1230 155 225 255 420 450 520) 645 715 745 910 940 1010 <b>DOOMSDAY (R) - ID REQ'D</b> (1145 215 500) 745 1030 <b>NEVER BACK DOWN (PG-13)</b> (200 445) 730 1015 <b>10,000 BC (PG-13)</b> (1130 1230 130 230 330 430 530) 630 730 830 930 1030 <b>COLLEGE ROAD TRIP (G)</b> (145 415) 700 930 <b>THE BANK JOB (R) - ID REQ'D</b> (145 430) 715 1000 <b>THE OTHER BOLEYN GIRL (PG-13)</b> (100 345) 645 945 <b>SEMI-PRO (R) - ID REQ'D</b> (1145 215 500) 745 1030 <b>VANTAGE POINT (PG-13)</b> (115) 700 <b>OC: VANTAGE POINT (PG-13)</b> (400) 945 <b>STEP UP 2 THE STREETS (PG-13)</b> 630 915 <b>SPIDERWICK CHRONICLES (PG)</b> (1245 345)</p> <p><b>UA SNOWDEN SQ STADIUM 14</b> 9161 Commerce Ctr Dr 800-FANDANGO 570#</p> <p><b>Adv. Tix on Sale TYLER PERRY'S: MEET THE BROWNS (PG-13) ★</b> <b>Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★</b> <b>DOOMSDAY (R) - ID REQ'D</b> (200 515) 745 1025 <b>NEVER BACK DOWN (PG-13)</b> (145 445) 745 1030 <b>HORTON HEARS A WHO (G) ★</b> (1130 1200 200 230 430 500) 645 715 915 945 <b>COLLEGE ROAD TRIP (G)</b> (130 415) 700 1000 <b>THE BANK JOB (R) - ID REQ'D</b> (100 345) 630 900 <b>MISS PETTIGREW LIVES FOR A DAY (PG-13)</b> (1130 115 400 500) 700 800 930 <b>10,000 BC (PG-13)</b> (1130 110 400 500) 700 800 930 <b>THE OTHER BOLEYN GIRL (PG-13)</b> (145 430) 730 1020 <b>PENelope (PG)</b> (100 345) 630 915 <b>SEMI-PRO (R) - ID REQ'D</b> (1200 230 445) 715 945 <b>VANTAGE POINT (PG-13)</b> (1145 215 515) 800 1015 <b>SPIDERWICK CHRONICLES (PG)</b> (115 400) 645 930 <b>OC: 10,000 BC (PG-13)</b> (215) 1030</p> <p><b>MANASSAS STADIUM 14</b> 11380 Bulloch Drive 800-FANDANGO 490#</p> <p><b>Adv. Tix on Sale TYLER PERRY'S: MEET THE BROWNS (PG-13) ★</b> <b>Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★</b> <b>DOOMSDAY (R) - ID REQ'D</b> (1120 215 500) 740 1020 <b>NEVER BACK DOWN (PG-13)</b> (1030 120 410) 720 1000 <b>HORTON HEARS A WHO (G) ★</b> (935 1005 1130 1200 1230 155 225 255 420 450 520) 645 715 745 910 940 <b>10,000 BC - DP (PG-13)</b> (1140 240 530) 830 <b>COLLEGE ROAD TRIP (G)</b> (1040 1110 100 200 330 440) 620 700 850 930 <b>THE BANK JOB (R) - ID REQ'D</b> (1020 110 400) 650 950 <b>MISS PETTIGREW LIVES FOR A DAY (PG-13)</b> (1100 115 340) 630 900 <b>10,000 BC (PG-13)</b> (1050 140 430) 730 1030 <b>THE OTHER BOLEYN GIRL (PG-13)</b> (950 1250 350) 640 920 <b>SEMI-PRO (R) - ID REQ'D</b> 800 1015 <b>VANTAGE POINT (PG-13)</b> (1010 1240 310 540) 810 1025 <b>JUMPER (PG-13)</b> 1010 PM <b>SPIDERWICK CHRONICLES (PG)</b> (1150 230 510)</p>
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### AMC HOFFMAN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria  
703-998-4AMC

#### DIGITAL PRESENTATION

**10,000 B.C. (PG13)** 2:00, 5:00, 8:00  
**DOOMSDAY (R)** ✓ 1:40, 4:35, 7:30, 10:20  
**DR. SEUSS' HORTON HEARS A WHO (G)** ✓ 12:45, 1:45, 2:15, 2:45, 3:15, 4:10, 4:40, 5:10, 5:40, 6:35, 7:05, 7:35, 8:05, 9:00, 9:30, 10:00, 10:25  
**NEVER BACK DOWN (PG13)** ✓ 12:30, 3:35, 6:30, 9:25  
**10,000 B.C. (PG13)** 1:00, 2:45, 4:00, 5:45, 7:00, 8:45, 10:30  
**THE BANK JOB (R)** 1:25, 4:25, 7:10, 10:05  
**COLLEGE ROAD TRIP (G)** 11:30, 1:10, 2:10, 3:40, 4:45, 6:15, 7:15, 9:00, 9:50, 12:10  
**SEMI-PRO (R)** 1:15, 3:55, 6:30, 9:30  
**VANTAGE POINT (PG13)** 12:50, 3:20, 5:50, 8:15, 10:35  
**JUMPER (PG13)** 1:30, 4:15, 6:40, 9:40  
**THE SPIDERWICK CHRONICLES (PG)** 1:20, 4:20, 7:05  
**STEP UP 2 THE STREETS (PG13)** 12:40, 3:15, 5:55, 8:40  
**WELCOME HOME ROSCOE JENKINS (PG13)** 12:55, 3:50, 6:55, 10:15  
**CLOVERFIELD (PG13)** 4:05  
**AMC SELECT**  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 1:55, 4:30, 7:20, 10:10  
**THE OTHER BOLEYN GIRL (PG13)** 2:05, 4:50, 7:40, 10:30  
**THE OTHER BOLEYN GIRL (PG13)** 2:05, 4:50, 7:40, 10:30  
**BE KIND REWIND (PG13)** 12:35, 6:20, 9:20  
**THERE WILL BE BLOOD (R)** 9:45 PM  
**JUNO (PG13)** 1:50, 4:35, 7:25, 9:55

### AMC COLUMBIA MALL 14

10300 Patuxent Parkway  
703-998-4AMC

#### DIGITAL PRESENTATION

**10,000 B.C. (PG13)** 12:05, 2:50, 5:35, 8:20, 11:05  
**DOOMSDAY (R)** ✓ 11:40, 2:25, 5:10, 7:50, 10:35  
**DOOMSDAY (R)** 11:40, 2:25, 5:10, 7:50, 10:35  
**DR. SEUSS' HORTON HEARS A WHO (G)** ✓ 11:00, 12:20, 1:25, 2:40, 3:50, 5:05, 6:15, 7:30, 8:40, 9:55, 11:00  
**NEVER BACK DOWN (PG13)** ✓ 12:50, 3:40, 6:30, 9:20  
**10,000 B.C. (PG13)** 10:45, 1:30, 4:15, 7:00, 9:45  
**THE BANK JOB (R)** 11:05, 1:50, 4:35, 7:20, 10:05  
**COLLEGE ROAD TRIP (G)** 10:35, 12:55, 3:20, 5:45, 8:10, 10:30  
**SEMI-PRO (R)** 10:30, 12:45, 3:10, 5:40, 8:00, 10:20  
**VANTAGE POINT (PG13)** 10:55, 1:20, 3:45, 6:10, 8:30, 10:50  
**JUMPER (PG13)** 11:35, 2:00, 4:20, 6:40, 9:00, 11:15  
**THE SPIDERWICK CHRONICLES (PG)** 11:15, 1:40, 4:05, 6:25, 8:50  
**STEP UP 2 THE STREETS (PG13)** 11:10 PM  
**AMC SELECT**  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 11:45, 2:10, 4:40, 7:10, 9:40  
**THE OTHER BOLEYN GIRL (PG13)** 11:20, 2:05, 4:55, 7:40, 10:25

### LOEWS GEORGETOWN 14

3111 K Street, N.W.  
202-342-6441

#### DIGITAL PRESENTATION

**DR. SEUSS' HORTON HEARS A WHO (G)** 2:30, 4:50, 7:00, 9:05  
**DOOMSDAY (R)** 2:50, 5:30, 8:05, 10:25  
**NEVER BACK DOWN (PG13)** 1:30, 4:10, 6:55, 9:40  
**10,000 B.C. (PG13)** 2:15, 5:05, 7:45, 10:15  
**THE BANK JOB (R)** 2:00, 4:55, 7:30, 10:00  
**SEMI-PRO (R)** 2:25, 4:45, 7:10, 9:50  
**VANTAGE POINT (PG13)** 1:00, 3:00, 5:15, 7:40, 9:55  
**AMC SELECT**  
**FUNNY GAMES (R)** 3:10, 5:35, 8:25  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 1:10, 3:30, 5:45, 8:10, 10:30  
**THE OTHER BOLEYN GIRL (PG13)** 2:35, 5:20, 8:00, 10:45  
**THE OTHER BOLEYN GIRL (PG13)** 2:35, 5:20, 8:00, 10:45  
**BE KIND REWIND (PG13)** 5:10, 10:20  
**IN BRUGES (R)** 1:50, 4:15, 6:50, 9:45  
**NO COUNTRY FOR OLD MEN (R)** 1:20, 4:00, 7:05, 10:10  
**THERE WILL BE BLOOD (R)** 9:45 PM  
**ATONEMENT (R)** 2:20, 7:35  
**JUNO (PG13)** 2:40, 5:00, 7:20

### AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886  
703-998-4262

#### DIGITAL PRESENTATION

**10,000 B.C. (PG13)** 1:20, 4:05, 6:50, 9:35  
**DOOMSDAY (R)** ✓ 1:50, 4:35, 7:25, 10:00  
**DOOMSDAY (R)** 1:50, 4:35, 7:25, 10:00  
**DR. SEUSS' HORTON HEARS A WHO (G)** ✓ 12:15, 1:15, 2:00, 2:45, 3:45, 4:30, 5:15, 6:15, 7:00, 7:45, 8:45, 9:30, 10:15  
**NEVER BACK DOWN (PG13)** ✓ 12:55, 3:50, 6:45, 9:40  
**10,000 B.C. (PG13)** 2:20, 5:05, 7:50, 10:30  
**THE BANK JOB (R)** 1:55, 4:40, 7:30, 10:20  
**COLLEGE ROAD TRIP (G)** 1:30, 2:15, 4:00, 4:45, 6:30, 7:15, 9:00, 9:45  
**SEMI-PRO (R)** 12:40, 3:00, 5:30, 7:55, 10:30  
**VANTAGE POINT (PG13)** 12:45, 3:10, 5:35, 8:00, 10:25  
**JUMPER (PG13)** 12:30, 2:55, 5:20, 7:35, 10:10  
**THE SPIDERWICK CHRONICLES (PG)** 1:45, 4:25, 7:05  
**STEP UP 2 THE STREETS (PG13)** 1:40, 6:55  
**WELCOME HOME ROSCOE JENKINS (PG13)** 4:10, 9:20  
**AMC SELECT**  
**FUNNY GAMES (R)** ✓ 2:10, 4:55, 7:40, 10:25  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 12:20, 2:40, 5:00, 7:20, 9:50  
**THE OTHER BOLEYN GIRL (PG13)** 1:25, 4:15, 7:10, 10:05  
**BE KIND REWIND (PG13)** 9:25 PM

### AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

**NEVER BACK DOWN (PG13)** ✓ 12:30, 3:00, 5:30, 8:10, 10:40  
**10,000 B.C. (PG13)** 12:05, 2:30, 5:00, 7:40, 10:10  
**THE BANK JOB (R)** 12:15, 2:50, 5:20, 7:50, 10:30  
**COLLEGE ROAD TRIP (G)** 12:10, 2:40, 4:40, 7:00, 9:10  
**SEMI-PRO (R)** 12:50, 3:30, 5:40, 8:00, 10:20  
**DEFINITELY, MAYBE (PG13)** 7:10, 9:45  
**THE SPIDERWICK CHRONICLES (PG)** 12:00, 2:15, 4:30  
**CHARLIE WILSON'S WAR (R)** 12:20, 2:40, 5:10, 7:30, 10:10  
**AMC SELECT**  
**IN BRUGES (R)** 12:05, 2:25, 4:50, 7:20, 9:40

### MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220

**DOOMSDAY (R)** 2:00, 4:30, 7:00, 9:30  
**DR. SEUSS' HORTON HEARS A WHO (G)** 12:05, 1:30, 2:30, 3:45, 4:45, 6:15, 7:15, 8:45, 9:45  
**NEVER BACK DOWN (PG13)** 1:05, 4:10, 7:05, 10:05  
**10,000 B.C. (PG13)** 12:05, 1:30, 2:35, 4:05, 5:05, 6:30, 7:30, 9:00, 10:00  
**10,000 B.C. (PG13)** 12:05, 2:35, 5:05, 7:30, 10:00  
**THE BANK JOB (R)** 12:40, 3:40, 6:40, 9:40  
**COLLEGE ROAD TRIP (G)** 12:15, 1:45, 2:45, 4:15, 5:15, 6:45, 7:45, 9:15, 10:15  
**VANTAGE POINT (PG13)** 12:20, 2:50, 5:20, 7:50, 10:10  
**JUMPER (PG13)** 4:20, 6:50, 9:20  
**STEP UP 2 THE STREETS (PG13)** 1:25  
**WELCOME HOME ROSCOE JENKINS (PG13)** 12:10, 3:10, 6:10, 9:10

### LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801

**THE BAND'S VISIT (PG13)** 1:40, 3:50, 7:50, 9:50  
**AMC SELECT**  
**FUNNY GAMES (R)** 2:10, 4:30, 7:10, 9:30  
**SLEEPWALKING (NR-NOT RATED)** 1:50, 4:20, 7:00, 9:10  
**CJ7 (PG)** 2:00, 5:00, 7:00, 9:00  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 2:30, 4:50, 7:40, 9:40  
**THE OTHER BOLEYN GIRL (PG13)** 1:30, 4:10, 7:20, 9:50  
**IN BRUGES (R)** 2:20, 4:40, 7:30, 9:40

### LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

**10,000 B.C. (PG13)** 2:30, 5:15, 8:00

### AMC TYSONS CORNER 16

7850 Tysons Corner Center  
703-998-4262

#### DIGITAL PRESENTATION

**SEMI-PRO (R)** 10:25, 12:45, 3:10, 5:35, 8:05, 10:20  
**DOOMSDAY (R)** ✓ 12:00, 2:25, 5:15, 7:50, 10:40  
**DR. SEUSS' HORTON HEARS A WHO (G)** ✓ 10:30, 11:40, 1:00, 2:00, 3:30, 4:30, 5:55, 7:00, 8:35, 9:55, 10:50  
**NEVER BACK DOWN (PG13)** ✓ 11:15, 2:10, 5:00, 8:00, 10:55  
**10,000 B.C. (PG13)** 10:45, 12:05, 1:30, 3:00, 4:20, 5:40, 7:15, 8:15, 10:05, 11:00  
**THE BANK JOB (R)** 11:10, 1:55, 4:40, 7:45, 10:30  
**COLLEGE ROAD TRIP (G)** 10:00, 12:10, 2:20, 4:45, 7:05, 9:20  
**VANTAGE POINT (PG13)** 10:35, 12:50, 3:20, 5:50, 8:20, 10:45  
**JUMPER (PG13)** 10:05, 2:40, 7:30  
**THE SPIDERWICK CHRONICLES (PG)** 12:20, 5:10, 9:45  
**STEP UP 2 THE STREETS (PG13)** 10:05, 2:50, 7:40  
**AMC SELECT**  
**FUNNY GAMES (R)** ✓ 11:05, 1:50, 4:35, 7:25, 10:10  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 10:00, 12:15, 2:30, 5:05, 7:20, 9:50  
**THE OTHER BOLEYN GIRL (PG13)** 11:20, 2:05, 4:50, 7:35, 10:25  
**THE OTHER BOLEYN GIRL (PG13)** 11:20, 2:05, 4:50, 7:35, 10:25  
**PENELOPE (PG)** 11:00, 1:15, 3:35, 5:50, 8:10, 10:35  
**BE KIND REWIND (PG13)** 12:25, 5:10, 10:00

### AMC MAZZA GALLERIE

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**DR. SEUSS' HORTON HEARS A WHO (G)** ✓ 2:50, 5:00, 7:15  
**NEVER BACK DOWN (PG13)** ✓ 2:10, 4:50, 7:30  
**THE BANK JOB (R)** 1:50, 4:30, 7:00  
**COLLEGE ROAD TRIP (G)** 3:20, 5:30, 7:40  
**VANTAGE POINT (PG13)** 2:40, 5:20, 7:50  
**AMC SELECT**  
**THE OTHER BOLEYN GIRL (PG13)** 2:00, 4:40, 7:20  
**PENELOPE (PG)** 2:30, 4:45

### LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard  
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#### DIGITAL PRESENTATION

**10,000 B.C. (PG13)** 1:45, 4:20, 7:00, 9:40  
**DOOMSDAY (R)** ✓ 2:35, 5:15, 7:55, 10:30  
**DR. SEUSS' HORTON HEARS A WHO (G)** ✓ 1:00, 1:40, 2:30, 3:10, 3:50, 4:50, 5:30, 6:10, 7:10, 7:50, 8:25, 9:30, 10:10, 10:35  
**NEVER BACK DOWN (PG13)** ✓ 1:35, 4:25, 7:20, 10:05  
**10,000 B.C. (PG13)** 3:00, 5:40, 8:20  
**10,000 B.C. (PG13)** 3:00, 5:40, 8:20  
**THE BANK JOB (R)** 2:00, 4:45, 7:25, 10:00  
**COLLEGE ROAD TRIP (G)** 1:50, 2:50, 4:10, 5:10, 6:25, 7:30, 8:35, 9:50  
**SEMI-PRO (R)** 1:10, 6:00, 8:15, 10:30  
**VANTAGE POINT (PG13)** 2:20, 4:40, 7:15, 9:35  
**DEFINITELY, MAYBE (PG13)** 1:40, 7:05  
**JUMPER (PG13)** 4:30, 10:00  
**THE SPIDERWICK CHRONICLES (PG)** 1:00, 3:30  
**AMC SELECT**  
**CJ7 (PG)** ✓ 1:25, 3:45, 5:55, 8:05, 10:20  
**MISS PETTIGREW LIVES FOR A DAY (PG13)** 1:55, 4:35, 7:05, 9:45  
**THE OTHER BOLEYN GIRL (PG13)** 1:30, 4:15, 6:55, 9:55  
**PENELOPE (PG)** 1:05, 3:20, 5:45, 8:00, 10:15  
**BE KIND REWIND (PG13)** 5:50, 8:15, 10:35

### LOEWS WHITE FLINT 5

North Bethesda  
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**DR. SEUSS' HORTON HEARS A WHO (G)** 1:50, 4:25, 7:10  
**10,000 B.C. (PG13)** 1:45, 4:40, 7:15  
**VANTAGE POINT (PG13)** 2:15, 4:35, 7:20  
**AMC SELECT**  
**THE OTHER BOLEYN GIRL (PG13)** 1:45, 4:30, 7:25

Times for Tuesday, March 18, 2008

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### INFORMATION SESSION

Monday, March 24, 2008 | 6:30 p.m.

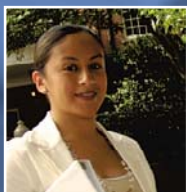
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<b>MCSE Windows 2003</b>	Apr 08
<b>Web Design</b>	Jun 03
<b>CISSP</b>	Jun 07
<b>Microsoft Sharepoint 2007</b>	Jun 10
<b>CISSP Fast Track</b>	Jul 14
<b>CCNA Fast Track</b>	Jul 21
<b>Zend PHP 5</b>	Jul 22

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**Tuesday, March 25  
6:30 pm**

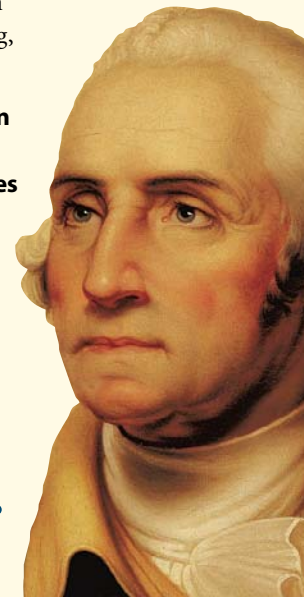
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**CRAZY HOUSE:** "Big Brother," hosted by Julie Chen, is going back-to-back. CBS is gearing up for a summer edition of its competition reality series to follow the winter run that's still on the air. Despite modest ratings, the reality just won't stop coming.

Television

ON TV TONIGHT

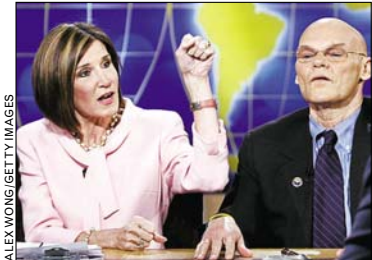
**DOE, RAE, MI**  
The top 11 contestants strain those vocals chords tonight on **AMERICAN IDOL** (8 p.m., Fox).

**HOLY PEANUT GALLERY!**  
The gang celebrates the holiday on **IT'S THE EASTER BEAGLE, CHARLIE BROWN** (8 p.m., ABC).

**SECRETIVE SMILE**  
**HOW IT WAS: SECRETS OF MONA LISA** (8 p.m., National Geographic) looks at the puzzling painting at the center of "The Da Vinci Code."

**PSYCHOMATCH.COM**  
A nanny's killer may have found her on the Internet on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

**IN HIDING**  
Fearing exposure, Dahlia and the kids



**LOVERS' QUARRELS:** The couple that debates together, goes on Leno together. take a trip on the second-season premiere of **THE RICHES** (10 p.m., FX).

**POLITI-COUPLE**  
Jay Leno hosts Terry Bradshaw, James Carville, Mary Matalin and Erykah Badu on **THE TONIGHT SHOW** (11:35 p.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Misguided Jokes

An unlikeable lead turns ABC's latest into a pity party

**MEMORIES** | Best known for her extended run on "Arrested Development," actress Judy Greer stars in "Miss/Guided" (10:30 p.m., ABC) as Becky Freeley, a former social out-cast who returns to the scene of her high-school humiliations to work as a guidance counselor.

Many scenes from Becky's past — including a brief stint in the high-school production of "The Sound of Music" — are presented as home videos, giving the show a low-tech



**HOW BECKY GOT HER GROOVE:** Wait, she didn't. She works at her high school.

YouTube vibe. But just as expensive special effects can't save a bad medical drama, the low-wattage approach to "Miss/Guided" is not enough to compensate for a story that's just not that funny.

Becky's strength, and the show's central comedic hook, is her sunny self-delusion. When she encounters her old classmate and rival Lisa Germain (Brooke Burns) on the faculty, the two share overlapping and completely contradictory memories.

While viewers of "Ugly Betty" can root for that heroine as a striving, centered voice of reason, Becky only invites our pity. Becky should be a notable supporting character in a stronger comedy. Her character is too pathetic to carry a sitcom. KEVIN MCDONOUGH (UNITED FEATURES SYNDICATE)

3.18.08	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4 News (N) [CC]	TMZ (N) [CC]	NBC Nightly News	Access Hollywood	The Biggest Loser: Couples (N) [CC]				Law & Order: Special Victims Unit [CC]	News (N) [CC]	News (N) [CC]	Tonight Show
	WTTG 5 News (N)	ABC Wild News	The Simpsons [CC]	Seinfeld [CC]	American Idol (S Live) [CC]				News (N)	News (N)	TMZ [CC]	
	WJLA 7 News (N) [CC]	Wheel of Fortune	Jeopardy! (N)	Easter Beagle	Just for Laughs					(:32) Miss Guided	News (N) [CC]	(:35) Nightline (N)
	WUSA 9 News (N) [CC]	Evening News	News	Entertainment	NCIS "Once a Hero" [CC]				Big Brother: 'Til Death Do You Part	Jericho "Sedition" (N) [CC]	News (N) [CC]	Late Show
	WDCA 20 Judge Judy (N) [CC]	Judge Joe Brown	King of Queens	King of Queens	Street Patrol [CC]	Street Patrol [CC]	Jail [CC]	Jail [CC]	Every-Raymond	King of the Hill [CC]	Law & Order: Criminal Intent [CC]	
	WMPT 22 The NewsHour With Jim Lehrer (N)	Business Rpt.	Business Rpt.	Outdoors Md.	Nova "Saved by the Sun" [CC]		Frontline [CC] (DVS)		The History Project [CC] (DVS)	Life (Part 2) [CC]	Smart Travels	
	WETA 26 BBC World News	The NewsHour With Jim Lehrer (N)	The NewsHour With Jim Lehrer (N)	Moneywise	Absolutely Irish! [CC]		Ric Edelman Reveals the Lies About Money		How to Beat the Bogen Man	Steps-Extend		
	WHUT 32 World Business	Tavis Smiley [CC]	BBC World News	Moneywise	Beauty and the Geek (N) [CC]		One Tree Hill "Hundred" (N) [CC]		Friends [CC]	Friends [CC]	Charlie Rose (N) [CC]	
	WDCW 50 My Wife and Kids	Family Guy [CC]	Two/Half Men	Two/Half Men							Family Guy [CC]	Sex and the City
BASIC CABLE	A&E The First 48 [CC]	The First 48 "Torched" [CC]	The First 48 [CC]		Gene Simmons	Gene Simmons	Gene Simmons Family Jewels (N)		Parking Wars	Parking Wars		
	Animal The Crocodile Hunter [CC]	The Most Extreme	Dog breeds. [CC]		Natural World "Caribou and Wolves"	After the Attack "Wolf and Bison"	Animal Precinct "Love Conquers"		Natural World "Caribou and Wolves"			
	BET 106 & Park: BET's Top 10 Live [CC]	Hell Date Special			"Paper Soldiers" (2002, Comedy) Kevin Hart, Beanie Sigel, Damon Dash. [CC]		College Hill	Black Poker Stars	Iron Ring (N)	Hustle & Flow		
	Bravo Real Housewives	Real Housewives			Real Housewives of NYC	Real Housewives of NYC	Real Housewives of NYC		Real Housewives of NYC			
	Comedy (5:00) ★ "The Shrink Is In" (2000)	Scrubs [CC]	Scrubs [CC]	Daily Show	Colbert Report	Futurama [CC]	South Park [CC]	Brian Regan: Standing Up [CC]	Daily Show	Colbert Report		
	Court World's Wildest Police Videos [CC]	Cops [CC]	Cops "Atlanta" [CC]	Cops [CC]	Cops [CC]	World's Wildest	Most Shocking		Forensic Files	Forensic Files		
	Discovery Cash Cab	Cash Cab	How It's Made	How It's Made	Dirty Jobs "100th Dirty Jobs Special"	Dirty Jobs "100th Dirty Jobs Special"	Time Warp	How It's Made	MythBusters Three gun myths. [CC]			
	DISCH Code Blue "Out of the Darkness"	Trauma: Life in the ER [CC]	Triple the Triplets [CC]		Quint-essential Managing chaos.		Deliver Me A diabetic patient. (N)		Triple the Triplets [CC]			
	Disney Life With Derek	Life With Derek	Hannah Montana	Zack & Cody	★ ★ "Homeward Bound II: Lost in San Francisco" (1996)	That's So Raven	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana		
	E! Soup Presents	Chelsea Lately	E! News (N)	The Daily 10 (N)	THS Investigates: Inside the Mind of a Serial Killer		Kardashians	Kardashians	E! News	Chelsea Lately		
	FX (4:30) ★ ★ "XXX: State of the Union"	★ ★ ★ "Batman Begins" (2005) Christian Bale, Michael Caine, Bruce Wayne becomes Gotham City's Dark Knight.			The Riches (Season Premiere) (N)		The Riches					
	HGTV Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My Kitchen	Desperate Spaces	Open House	House Hunters	Secrets That Sell	House Worth?	Hidden Potential
	Family 8 Simple Rules [CC]	8 Simple Rules [CC]	Grounded for Life	Grounded for Life	America's Funniest Home Videos [CC]	America's Funniest Home Videos [CC]	America's Funniest Home Videos [CC]		The 700 Club [CC]			
	History Barbarian Battle Tech	Modern Marvels: Da Vinci Tech [CC]	Modern Marvels: Candy [CC]		The Universe "Mars" [CC]		Ax Men "Risk and Reward" [CC]		Decoding the Past [CC]			
	Lifetime Reba [CC]	Reba [CC]	Still Standing [CC]	Still Standing [CC]	Reba [CC]	Reba [CC]	"Tell Me No Lies" (2007, Suspense) Kelly Rutherford, Kirsten Prout. [CC]		Will & Grace [CC]	Will & Grace [CC]		
	MTV America's Best Dance Crew	Making the Band 4 [CC]	True Life [CC]		True Life [CC]		Life of Ryan (N)	Rob & Big (N) [CC]	Human Giant (N)	Rob & Big [CC]		
	NICK Zoey 101 [CC]	Zoey 101 [CC]	Drake & Josh "Really Big Shrimp" [CC]	Zoey 101 Zoey must make a decision.	George Lopez [CC]	George Lopez [CC]	George Lopez [CC]	George Lopez [CC]	George Lopez [CC]	George Lopez [CC]		
	SCI FI Stargate SG-1 "Beneath the Surface"	Scary But True [CC]	Scary But True [CC]	Scariest Places on Earth [CC]	CSI: Crime Scene Investigation [CC]	CSI: Crime Scene Investigation [CC]	CSI: Crime Scene Investigation [CC]	CSI: Crime Scene Investigation [CC]	CSI: NY "Grand Master" [CC]			
	SPIKE Friends [CC]	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy [CC]	Family Guy [CC]	Family Guy [CC]	Family Guy [CC]	The Office [CC]	The Office [CC]	Sex and the City	Sex and the City
	TLC Flip That House	Flip That House	Dateline: Real Life Mysteries [CC]	Dateline: Real Life Mysteries (N)	Dateline: Real Life Mysteries (N)		Dateline: Real Life Mysteries [CC]		Dateline: Real Life Mysteries			
	TNT Law & Order "Fools for Love" [CC]	★ ★ ★ "Glory Road" (2006) Josh Lucas. A coach leads the first all-black NCAA team. [CC]			NBA Basketball Boston Celtics at Houston Rockets. From Toyota Center in Houston. (Live) [CC]							
	USA Law & Order: Special Victims Unit [CC]	Law & Order: Criminal Intent [CC]	Law & Order: Criminal Intent [CC]	Rock of Love With Bret Michaels [CC]	Rock of Love With Bret Michaels [CC]		What Perez Sez About Reality Stars		Celebrity Rehab With Dr. Drew [CC]			
	VHI The Flavor of Love [CC]	Celebrity Fit Club "Boot Camp" [CC]										
SPAN	TELEM Los Plateados	Noti-Telemndo	12 Corazones	La Traicion	Victoria		Pecados Ajenos		Noti-Telemndo	Titulares y Mas		
	UNIV Que Locura	Noticiero Univ	Yo Amo a Juan Querendón	Al Diablo con Los Guapos	Pasión		Aquí y Ahora		Primer Impacto	Noticiero Univ.		
SPORTS	ESPN SportsCenter (Live) [CC]	Bracket Sp.	College Basketball NCAA Tournament Opening Round Game -- Teams TBA.	College Basketball NIT First Round -- Teams TBA. (Live) [CC]								
	ESPN2 NASCAR Now	Rome-Burning	College Basketball NIT First Round -- Teams TBA. [CC]	College Basketball NIT First Round -- Teams TBA. (Live) [CC]								
	CSN SportsNite [CC]	SportsNite [CC]	Beyond the Glory [CC]	NHL Hockey Washington Capitals at Nashville Predators. (Subject to Blackout) (S Live)			SportsNite (Live) [CC]					
NEWS	CNN (4:00) The Situation Room	Lou Dobbs Tonight [CC]	CNN Election Center	Larry King Live [CC]			Anderson Cooper 360 [CC]					
	FNC Special Report [CC]	The Fox Report With Shepard Smith	Hannity & Colmes [CC]	On the Record-Van Susteren			The O'Reilly Factor					
	MSNBC Race for White House-David Gregory	Hardball [CC]	Countdown With Keith Olbermann	Verdict With Dan Abrams			Countdown With Keith Olbermann					
MOVIES	AMC (5:30) ★ ★ "Ladder 49" (2004, Drama) Joaquin Phoenix. 'PG-13' [CC]	★ ★ ★ "Die Hard" (1988, Action) Bruce Willis, Alan Rickman, Bonnie Bedelia. 'R' [CC]		★ ★ "Striking Distance" (1993) Bruce Willis. 'R' [CC]								
	TCM (5:00) Rope (1948) ★ ★ ★ "The Lady From Shanghai" (1948) Rita Hayworth.	★ ★ ★ "Harvey" (1950, Comedy) James Stewart, Josephine Hull. 'NR' [CC]		★ ★ "What's New, Pussycat?" (1965, Comedy) Peter Sellers. 'NR'								
	HBO John Adams "Join or Die" [CC]	(:10) John Adams Congress votes to declare independence from England.	In Treatment [CC]	In Treatment (N)	John Adams	George Carlin: It's Bad for Ya [CC]	(:45) John Adams					
	MAX (:10) ★ ★ "Snakes on a Plane" (2006) Samuel L. Jackson. [CC]	★ ★ "Smokin' Aces" (2007, Action) Ben Affleck, Andy Garcia. [CC]		★ ★ "You, Me and Dupree" (2006, Comedy) Owen Wilson. [CC]	PG-13 [CC]							
	SHOW (5:15) ★ ★ "Aeon Flux" (2005) [CC]	★ ★ "Employee of the Month" (2006) Dane Cook. iTV. [CC]	PG-13 [CC]	The L Word (iTV) Jodi seeks answers.	★ ★ "Heaven" (2002, Suspense) Cate Blanchett. 'R' [CC]	(:45) ★ ★ Crank						
	TMC Melvin-Dinner	(:35) ★ ★ "New York Doll" (2005) [CC]	PG-13 [CC]	★ ★ "Failure to Launch" (2006) Matthew McConaughey. [CC]	PG-13 [CC]	★ ★ "Nacho Libre" (2006) Jack Black. [CC]	PG [CC]	(:35) ★ ★ Hostel				
	STARZ! (5:30) ★ ★ ★ "Bowfinger" (1999) [CC]	(:10) ★ ★ ★ "The Queen" (2006, Biography) Helen Mirren. [CC]	PG-13 [CC]	★ ★ ★ "The Mummy" (1999, Adventure) Brendan Fraser. [CC]	PG-13 [CC]	(:10) "Duce Bigalow: Male Gigolo"						
	ENCORE (4:20) ★ ★ ★ Cars	(:20) ★ ★ "Celtic Pride" (1996) Damon Wayans. [CC]	PG-13 [CC]	★ ★ ★ "Aliens" (1986, Science Fiction) Sigourney Weaver, Carrie Henn. [CC]	R [CC]	(:20) ★ ★ ★ "Shanghai Noon" (2000) Jackie Chan. [CC]						



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**HOMETOWN HERO:** Japanese right-hander Daisuke Matsuzaka will start the Red Sox's regular-season opener against the Athletics in Tokyo on March 25. John Lester will pitch the second game of the two-game series with the Athletics in Japan.



## Sports

# Title Hopes Wind Down for Hibbert

Hoyas center has a lot of fond memories of his four years at college

**HOYAS HOOPS** | Roy Hibbert is really going to miss college life. If the NCAA offered a fifth year of eligibility, it's easy to get the feeling the Georgetown center would take it — and postpone the trappings of the NBA yet again.

Because when Hibbert does turn pro, he'll leave behind the late nights he and the rest of the Hoyas seniors spent in point guard Jonathan Wallace's room just talking. Gone will be the days when he can sit next to what he calls "random people" on campus and spontaneously start a conversation. He'll no longer get to take fascinating classes like his current favorite, black nationalism, for a degree in government that has him thinking about running for office someday.

And wherever he winds up in the NBA, it's doubtful Hibbert will be able to get together with Georgetown teammate Tyler Crawford for a game of Halo on Xbox.

"The two of us versus everybody else," Hibbert said. "I wouldn't have been able to get that chance if I left



Center Roy Hibbert came back to college to try to lead the Hoyas to a national title.

to go to the NBA last year. That's one of the things I'll remember."

In that sense, Hibbert is just like

many college seniors who hate the thought of leaving the friends and familiarity of campus for the respon-

sibilities of the working world. Unlike most of those kids, however, Hibbert is 7-foot-2 and could be making a hefty salary right now if he had followed former teammate Jeff Green to the NBA last year.

"He's absorbing all of the college life," Wallace said. "Everybody wants to go for the early money, but Roy saw the bigger picture. It's all about developing both athletically and academically. Roy takes a lot of pride in that."

It's only recently begun to dawn on Hibbert that he is in his final days as a basketball player on the Hilltop. He and the Hoyas, the No. 2 seed in the Midwest Regional, will face Maryland-Baltimore County on Friday in the first game of his final NCAA tournament. The goal, of course, is to win the national championship, completing the task left undone last year when Georgetown reached the Final Four but lost to Ohio State.

"I want to get in as much time as I can with these guys before we have to depart, before basketball gets really serious and we have to talk about contracts and stuff," Hibbert said. "Hopefully, we can go out with a bang." JOSEPH WHITE (AP)

## Swengali

COLLEGE HOOPS | BY MATT SWENSON

### Final Four Run Is Tough for Hoyas

**HAVING WATCHING GEORGETOWN** more often than any other team this year, I still have no idea what to do with the Hoyas when filling out my NCAA bracket.

After the mighty UMBC Retrievers, the Hoyas could easily lose in any of the next three rounds before the Final Four.

Davidson — which should beat Gonzaga in a mild upset — would have won 23 straight games by the time it would meet Georgetown in the second round. Stephen Curry may be the best guard you've never heard of, and the Wildcats put legitimate scares into No. 1 seeds North Carolina and UCLA this year.

Say the Hoyas make a third straight trip to the Sweet 16. Wis-

**After UMBC, the Hoyas could easily lose in any of the next three rounds.**

### Wizards' Arenas Says He's 50-50 For Every Game

**WIZARDS** | There's only one thing for certain with Gilbert Arenas: Even he doesn't know when he's coming back.

Arenas remained noncommittal on his return Monday. The Wizards guard — who was examined earlier in the day — said one doctor suggested he "ramp it up" for 12 days before coming back. When pressed, he said "every game is 50-50 to be honest, depending how I feel that night."

Arenas followed that by suggesting he may have to alter his style when he returned to the lineup.

"They don't want me going in there, jumping and being acrobatic," said the former All-Star, who added that doctors had not yet cleared him to play. ERIC BRANDNER

### For Coppin State, an Unlikely Journey

Eagles are in play-in game after losing 19 of their first 23 games

**COLLEGE HOOPS** | Having already made history by becoming the first team with 20 losses to enter the NCAA tournament, Coppin State has no intention of stopping there.

"We are striving to be the first 20-loss team to win a tournament game," coach Fang Mitchell said. "Whenever you can do things you haven't done before, it is always good for these young people."

Coppin State (16-20) faces in-state foe Mount St. Mary's on Tuesday night in Dayton, Ohio, in the play-in game. The winner faces North Carolina, the top seed in the entire tournament.



Julian Conyers celebrates his team's MEAC tournament win on Saturday.

Regardless how Coppin fares, it's already been an amazing season. The Eagles lost 19 of their first 23 games, including 72-38 to Missouri, 89-42 to Marquette and

66-34 at Dayton.

"We had multiple team meetings during that time frame," senior Julian Conyers said. "We just basically stuck together and that helped us get better chemistry. We got confident and after a while, we felt like we didn't know how to lose."

A win over Maryland-Eastern Shore on Feb. 4 launched an eight-game streak that was halted in the regular-season finale against Morgan State. But the Eagles resumed their late-season run in the Mid-Eastern Athletic Conference tournament as a No. 7 seed.

Coppin won four games by a total of six points, defeating Morgan State 62-60 for the championship.

"This was a journey for us," Mitchell said. "The fact that all of those games went down the stretch, that was special." DAVID GINSBURG (AP)

consin has the nation's best defense, but the Badgers may be bounced by Kansas State or, more likely, USC. Can Georgetown beat any or all those teams? Sure. But will they? No matter what, the Sweet 16 will be a tough win.

The homer in me has the Hoyas in the Elite 8. Kansas is a tough matchup for the Hoyas — except I've gone a little crazy and picked Clemson to drop the Jayhawks.

Georgetown can tame the Tigers to once again reach the Final Four face North Carolina in a rematch of last year's regional final. This time, the Tar Heels win and face UCLA, which will beat Texas in the other national semifinal.

In the end, I'll stick with last week's claim that the Bruins are the top team in the land.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com



Sports



**DIFFERENT GAME:** North Carolina was the only No. 1 seed in the NCAA men's tournament to graduate at least 50 percent of its players. A report released Monday found 86 percent of UNC's players earned diplomas within six years compared with just 45 percent at Kansas and 40 percent at UCLA and Memphis.

Terps Grab No. 1 Seed in the West

UConn., Tennessee and UNC are other top seeds in tourney

WOMEN'S COLLEGE HOOPS | Connecticut's four seniors have never been to the Final Four. To get there before their college careers end, the Huskies must potentially get past Big East rival Rutgers in the Greensboro Regional.

The No. 1 seeded Huskies (32-1) will open against No. 16 Cornell on Sunday in Bridgeport, Conn.

The other No. 1 seeds are North Carolina, Tennessee and Maryland, a surprising top seed that won the national championship two years ago under head coach Brenda Frese.

Committee members said on ESPN that Maryland's strong strength of schedule helped land a top spot.

Connecticut, ranked atop the AP poll for 12 of the final 13 weeks, is hoping to get to the Final Four for the first time since 2004. The Huskies lost to LSU in the regional final last season.

If the Huskies don't get to the Final Four — April 6-8 in Tampa, Fla. — it will be the first Connect-



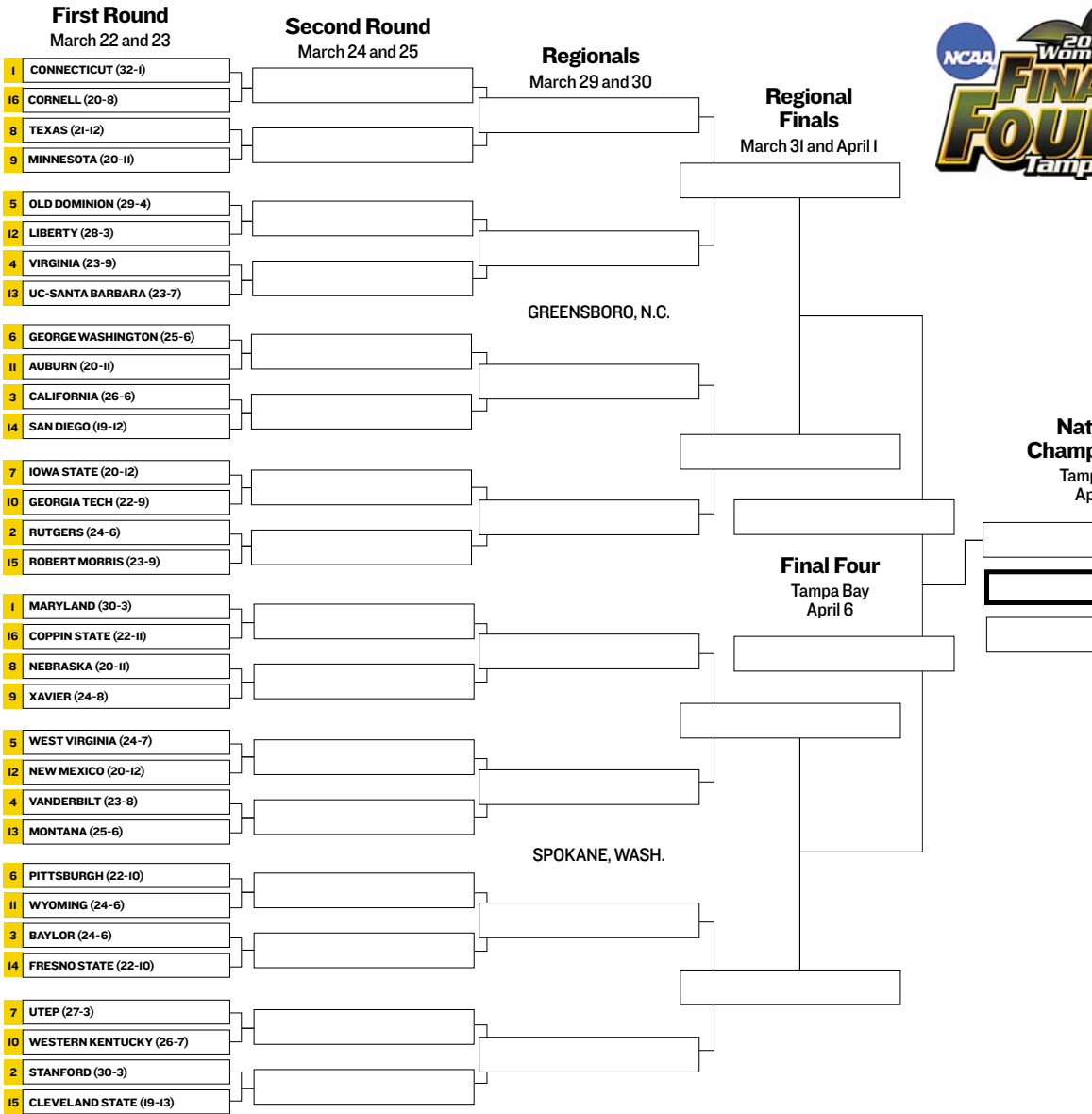
TONI L. SANDYS/TWIP

Crystal Langhorne and the Terrapins earned a top seed after finishing 30-3.

icut senior class in 20 years to not have played in at least the national semifinals.

No. 2 seed Rutgers handed Connecticut its lone loss during the season, beating the Huskies on Feb. 5 in a Big East matchup. Rutgers lost in the national championship game last season to Tennessee.

Defending champion Tennessee is the top seed in the Oklahoma City regional. The Lady Vols' bid for back-to-back national championships begins Sunday against Oral Roberts. (AP/EXPRESS)



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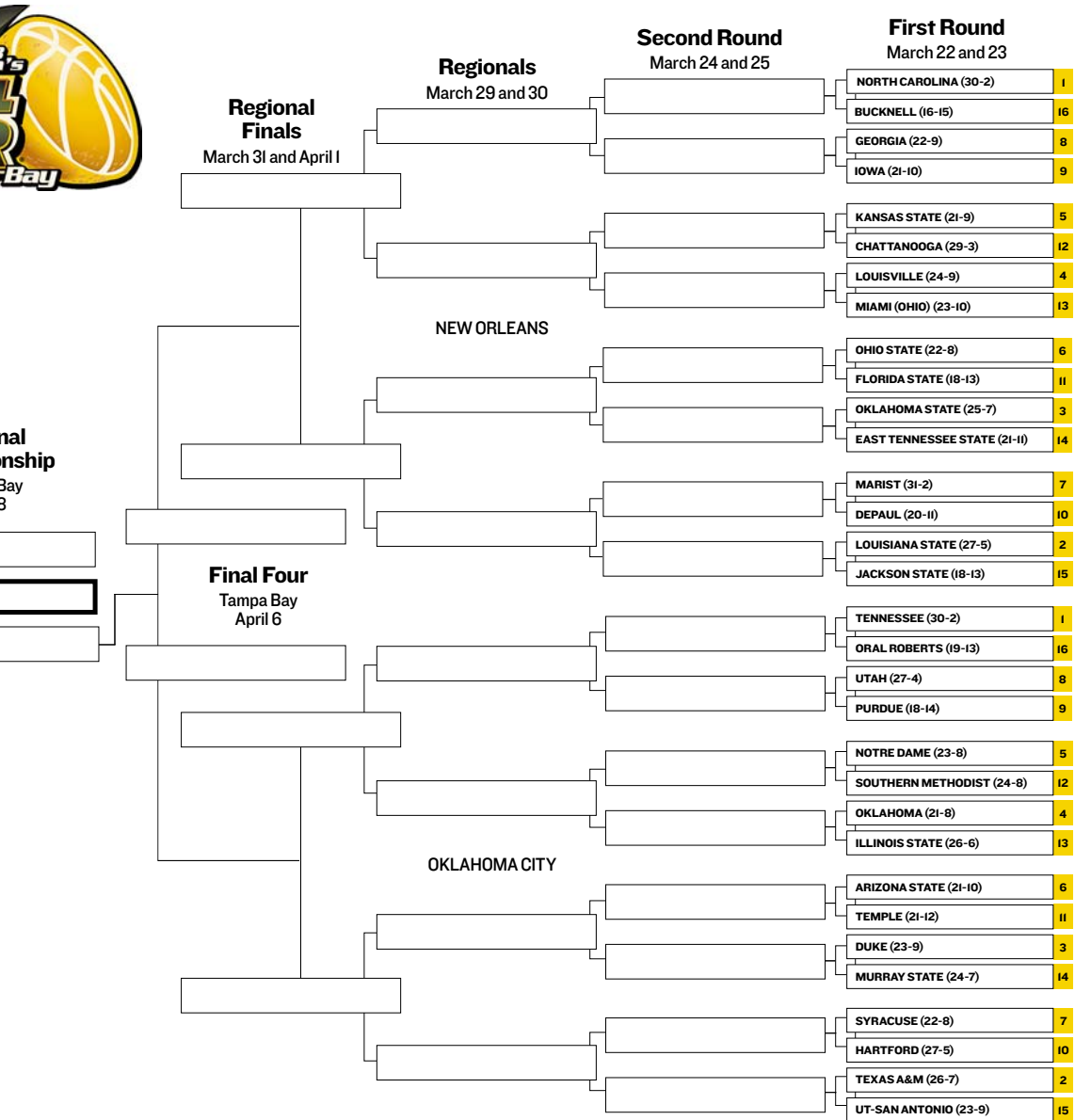
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The number of consecutive CAA tournament games the Old Dominion women's basketball team has won since joining the league in 1991. The Monarchs improved to 50-0 in the conference tournament on Sunday, guaranteeing themselves a spot in the NCAA tourney.

Sports



Geno Auriemma and the Huskies finished the year No. 1 for the first time since '03.

# Connecticut Finishes Impressive Year No. 1

Huskies earn all but one of the first-place votes in the final poll

WOMEN'S COLLEGE HOOPS | Connecticut entered the women's NCAA tournament at No. 1 on Monday — the seventh time UConn finished with the top ranking but the first time since 2003.

The Huskies, which began the season at No. 2, led the final Associated Press poll with 49 of 50 first-place votes from a national media panel. North Carolina drew the other first-place vote.

Connecticut was ranked first in

12 of the final 13 weeks with the only blemish coming when the Huskies lost at Rutgers. The Huskies won the Big East tournament on Tuesday knocking off No. 23 Louisville 65-59.

Texas A&M leaped into eighth after winning its first Big 12 tournament on Saturday. It's the highest ranking ever for the Aggies.

"Our final national ranking is an accumulation of three years of hard work. We are finally living up to the eliteness that people have expected of us all year," Texas A&M coach Gary Blair said. "The difference now is that we are expecting it of ourselves." DOUG FEINBERG (AP)

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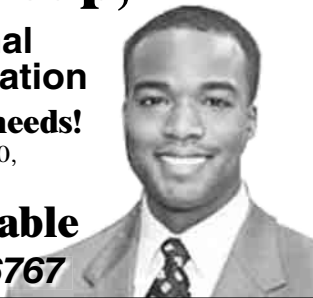
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## Sports



"A lot of people are going to think it's a misprint. ... It's unbelievable." — **Kenyon Martin** after his Nuggets scored 168 points (84 in each half) against the Sonics on Sunday.



D.C. United will be without captain Jaime Moreno for Tuesday's game.

## History Is On the Side Of United

D.C. to host Jamaican Harbour View in 2nd leg of Champions Cup

UNITED | Although D.C. United has struggled in tournament play at RFK Stadium in recent years, one important piece of history will be working in the hosts' favor when Jamaican champion Harbour View visits for Tuesday night's Champions Cup quarterfinal: An MLS club never has failed to defeat Caribbean opposition on American soil.

Harbour View will come with some confidence following last week's 1-1 draw in Kingston, where the Stars of the East canceled out D.C. midfielder Devon McTavish's first professional goal with a strike of their own in the waning minutes. But the Caribbean club will come shorthanded, because two players reportedly were denied U.S. visas.

United will be missing captain Jaime Moreno, who injured his hamstring in the opener. Argentine import Franco Niell replaced Moreno in Kingston and will start on Tuesday. Otherwise, D.C. coach Tom Soehn's team should be the same, with marquee signing Marcelo Gallardo getting his second opportunity to run the United midfield.

A D.C. victory in regulation, overtime or penalty kicks will send it to the regional semis for the third time in four years, where it will face either Mexican superpower Pachuca or Central American champ Motagua of Honduras in a two-game series beginning in two weeks. BRIAN STRAUS

## With Tiger, Expect The Unexpected

Woods shocks everyone again — but is it really surprising any more?

GOLF | The outcome has never been more inevitable. Tiger Woods has never looked so invincible.

The world's No. 1 golfer faced a 25-foot birdie putt on the final hole at Bay Hill, and the moment he settled over the ball and the crowd grew quiet, it no longer mattered that Woods had not made a putt this long all week.

This one was for the win.

For most players, making such a clutch putt would be a career highlight. For Woods, it's more like a summer rerun.

"You know what he's going to do, right?" Arnold Palmer whispered to those around him right before Woods rapped his putt down the slope and watched it turn sharply to the right and tumble into the cup for a one-shot victory.

This group of tournaments has long been known as the road to the Masters, which is three weeks away. Woods already has his game at warp speed, and he's lapping the field. His victory Sunday in the Arnold Palmer Invitational was his fifth in a row on the PGA Tour and his sixth straight worldwide. Now, even the purists must wonder if Woods can go an entire season without losing.

"It's unbelievable, isn't it?" Steve Stricker said Monday. "You think that one of these times, he's not going to get it done. But he continues to do it. And now you expect it."

Woods' latest victim was Bart



Tiger Woods celebrates after his 25-foot birdie putt to win at Bay Hill on Sunday.

Bryant, who did everything right and never felt so helpless.

Bryant twice made birdie to tie Woods for the lead, shot a 67 in stifling heat and waited in the scoring trailer to see if Woods could beat him. There was no television in the trailer, and Bryant didn't need one. He heard a roar that rattled the trailer, and Bryant forced a smile and slowly shook his head.

"That's why he's Tiger Woods," he said. DOUG FERGUSON (AP)

## TODAY'S TV LINEUP

**CAPITALS (8 P.M. ON CSN)** The Caps start a six-game road trip by heading to Nashville to play the Predators.

**NATIONALS (1 P.M. ON ESPN)** The Nats are in Lakeland, Fla., to play the Tigers on a nationally televised game.

**COLLEGE HOOPS (7:30 P.M. ON ESPN)** The first game of the NCAA tournament features Coppin State and Mount St. Mary's for

a chance to get killed by UNC.

**COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN2)** The NIT first-round action gets under way for all those schools who didn't quite make the big show.

**NBA (9:30 P.M. ON TNT)** The Rockets have won 22 straight, beating the West's best team, the Lakers, on Sunday. On Tuesday, they host the NBA-best Celtics.



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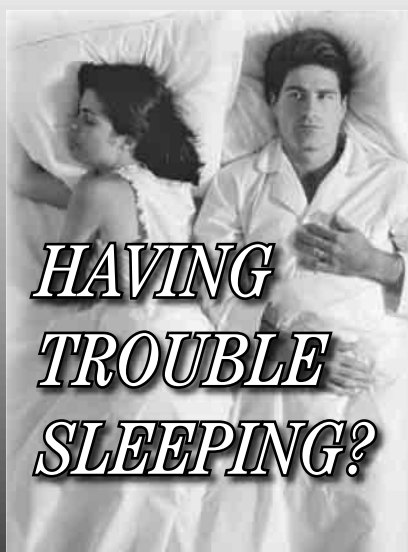
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Send resume to [jvollmer@pilieromazza.com](mailto:jvollmer@pilieromazza.com)

#### AUTOMOTIVE

**PARTS MANAGER/COUNTER MAN**  
Supplying parts to technician, inventory control, experience required. Call

**LIGHT TRUCK SERVICE**  
in Rockville 301-424-4410, Ken

### Auto Sales

Paid training, full benefits package & \$60k/yr or higher. Call 301-483-7781 or fax resume to 301-483-7884

**Fox of Laurel Buick Pontiac GMC**

**BARBER--** Lic. Barbers needed. Newly remodel. Shop, heavy traffic. Booth rent. Call 202-299-9322

**Barbers—**Need a Change? Hiring exp'd staff. DC location. Call: 202-397-4636

**Beauty Hairstylist -** Come work at Trudy's Beauty Salon. A brand new hair salon located in Temple Hills, MD is looking for Stylist to booth rent for \$195/wk. Call for details at 240-491-8700

**Beauty Salon hiring Licensed Barbers, Hair Stylist, Braiders and Nail Techs.** Call Steve at 202-497-0311

**BEAUTY-** stylist to rent chair in Tyson's Corner 703-288-4411

### CHIROPRACTOR - F/T

Spinal decompression center seeking F/T Chiropractor for Gaithersburg office. Salary plus %. Possible partnership.  
Call Brian Sorrentino, 202-467-2788



**Annual Career Expo**  
**March 19, 2008**  
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## JOBS

#### Construction

**MAKE \$500.00 NEXT WEEK!!!!**

**Wanted: Laborers** to work five-ten hours days  
March 26th-March 31st in La Plata.

Apply in person only at  
**Damon's Restaurant,**  
Hanson Room, 45 St. Patrick's Dr.,  
Waldorf, MD 20603 on  
Monday, March 24th, 9am-8pm.

Bring social security card and government issued photo I.D

#### Customer Service/Sales

For large company. Great pay plan, benefits, training, \$40k+ & \$2k signing bonus. Call **301-299-7612**

**DANCERS—**Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. Leave info: **240-286-3660** or **301-568-8500**

**DELIVERY/DRIVERS/WAREHOUSE:** Dulles, VA. **30 Workers needed.** F/T & P/T avail. Make good money this summer. O/T avail. Se Habla Espanol. Apply in person: 9-3 Mon-Fri: Capital Party Rental 44232 Mercure Circle, Dulles, VA 20166 or call Lauren, **703-661-8290 ext 2828**

**DELIVERY/DRIVER**  
Dedicated professional needed to deliver & pick up laundry & dry cleaning. Familiarity with No. VA & DC is required. Must be able to lift 50 lbs. & be computer savvy with attention to detail. Please also have excellent communication skills. Send cover letter including salary requirements, professional resume, & copy of your Department of Motor Vehicle Record to: [hr@soapyjoes.com](mailto:hr@soapyjoes.com)

**DENTAL FRONT DESK COORDINATOR**  
Long term temporary Front Desk. Monday -Thursday. Rockville area. Looking for a goal oriented, self-starter, willing and able to work with our team while one of our staff members is on maternity leave. This job could turn into a permanent placement with benefits. Softdent experience helpful. Please call 301-881-9040 or fax 301-881-9043

#### DISPATCHER

Open position for experience Dispatcher. Must have extensive knowledge of DC and the surrounding area. Great pay, paid vacation, holiday, sick leave. Please contact Jason at 301-440-1000 or fax resume to 1-800-531-9397

## JOBS

### Direct Support Staff

Total Care Services Inc., is currently seeking caring individuals to provide supports of daily living skills to persons with MR/DD in both our in-Home Supports and Residential programs. Full Time, Part Time, Weekends. \$10.00-\$11.75 ph. Must possess High School Diploma /GED and clean background. Applicants may apply or pick up an application at 5780 2nd St., NE. Washington, DC 20011 M-F 9:00am-4:30pm

#### Driver

CDL Class A with Hazmat & Tanker Endorsement. FT, year-round & great benefits. Call 301-277-8220

**Driver**  
**Couriers—**Exp. Courier w/own car/van/pick-up/bike. Worker also needed for fixed route in DC. Great pay. Ph: 301-440-1000

#### DRIVER

Exp. w/clean driving record. Must have a Class A CDL lic. Contact Ricochet Towing 301-772-2998

**DRIVERS OTR—**Class A CDL. East- West operations. Up to \$1000 weekly. **AJ at: 443-277-0816**

#### Education

##### ESL TEACHER

PT. PM/Wknd positions. Fax resume to Janeth 703-237-5495.

#### ELECTRICAL/UTILITY

Looking for Foreman, Operators for underground Utility work & Laborers. Jack at: **301-440-7312**

#### EXECUTIVE DIRECTOR

Arts center seeks a dynamic ED to oversee programs and operations in Germantown, MD. For full job description, visit [www.blackrockcenter.org](http://www.blackrockcenter.org)

#### Healthcare

##### MENTAL RETARDATION

Individual Development Inc., a provider to persons with mental retardation has the following job opportunities.

**QMRP-** BS degree of higher in Service or related field. Responsible for all aspects of direct services administered within Intermediate Care Facility (ICF). Provide day to day management and clinical expertise. Previous supervisory experience and working with persons with developmental disabilities. Must have working knowledge of the ICF/MR regulations. 40 hour work week with 24hr accessibility for emergencies and acute

**RN Supervisor-** Will provide medical oversight to several Intermediate Care Facilities (ICF) Must have DC RN license two years supervisory experience and knowledgeable of the ICF/MR regulations.

**Direct Care Staff -** Needed to provide daily support and services to the people we serve. HS diploma or GED required.  
Fax to 301-270-8012 or email [idihr@idinc.org](mailto:idihr@idinc.org).

#### HVAC

NorthStar Heating & AC has these positions available:

- Comm'l & Residential Senior Tech
- Comm'l & Residential Journeyman Tech
- Min 5 yrs exp
- 401K, Health Insurance, paid vac & sick

P: 703-541-1006

## JOBS

#### HEALTH CARE



### Community Health Center and Correctional Full-time Career Opportunities

**Unity Health Care** is a multi-site non-profit organization offering a continuum of medical care and human services primarily to the homeless and medically underserved. Serve our mission, vision, values and community by applying for the following career opportunities available:

- Physician - Internal Medicine
- Psychiatrist
- Physician Assistant
- Nurse Practitioner
- Dentist
- Register Nurse (RN)
- License Practical Nurse (LPN)
- Unit Clerk
- Regulatory Affairs Nurse
- Radiologic Technician
- Health Center Director
- Health Educator
- Maintenance Supervisor
- Driver
- Health Center Clerk
- Medical Assistants/Floater
- IT Data Analyst/Trainer
- Dental Assistant
- Pharmacy Technician
- Patient Registration Clerk
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#### Information Technology

##### Sr. Developer (IVR/Telephone Systems)

Develop, maintain, & support Interactive Voice Response (IVR), Computer Telephony Integration (CTI), & speech recognition applications at Washington Post. Assess system functionality, resolve system problems, implement improvements & develop solutions to meet business capacity needs. Min. Req'ts: Bach deg + 5 yrs exp in job or as Telephony/IVR Software Engineer incl. 1 yr app dev't exp using Avaya IVR technology; 1 yr exp w/ CTI systems, speech apps, and Unix shell scripts; & 2 yrs app dev't exp using C. Prof. tech. cert'n also req'd. To apply e-mail resume & salary reqs to [seresumes@washpost.com](mailto:seresumes@washpost.com) Attn: Sr Developer - IVR/JK.

#### Insurance

### PENSION PROCESSOR

Multi-employment pension fund located downtown near Metro needs organized individual with college degree and at least 2 years work experience, demonstrating excellent math, research, analytical and communication skills for processing, pension application. Must be able to work under pressure and under minimal supervision. Work 35 hours per week. Flex. time hours available. Excellent pension benefits, fully paid benefits including medical, dental and vision for employee independence. Also 2 weeks vacation after one year, and 12 holidays per year. Starting salary \$42,242 increase to \$44,408 after probation period. **Fax resume to: 202-463-8098.**



## Classifieds

## JOBS

**Legal Secretary** - full time, experienced legal secretary for Laurel, MD Law Firm. Fax resume to (301) 953-1339; email to [npeterson@gbmlawfirm.com](mailto:npeterson@gbmlawfirm.com)

**Mechanic** - for coach bus. FT, exp req'd. CDL pref'd. HVAC certified. ASE preferred. Call 202-636-9203

**Medical Front Desk/Office Manager**  
FT/PT. Med billing. Gaithersburg chiro center. Bilingual pref'd. Call Brian Sorrentino, 202-467-2788

## Nanny

Family w/2 girls, ages 14 & 8 in NW DC seeks nanny/housekeeper. Must be a non smoker, speak English, legal, have a car, clean, prepare meals, run errands & must have experience. Rate negotiable. Call (202) 437-5586 btw 9:00am to 4:00pm.

## NURSE PRACTITIONER

Immediate opening available for an experienced Nurse Practitioner or Physician Assistant for a well established Allergy specialty practice located in NOVA. Excellent salary and benefits. Pleasant working environment. Please fax resumes to: 202-342-1743.

**PARKING VALET** Immed. F/T opening at Falls Ch/Skyline office. Greet & assist patients w/parking for dental ofc. \$8-\$10/hr Fax res. 703-269-2697

## PART TIME BUILDING ENGINEER

for an Arlington, Va. condominium. Knowledge in all aspects of building maintenance, HVAC, local codes and OSHA Req. Please email resume to [mbreene@legumnorman.com](mailto:mbreene@legumnorman.com) or fax to 703-848-0982 attn: M. Breene

## Part-time Front Desk

Arlington condominium seeks professional individual with excellent communication skills, poised demeanor, good admin skills, and a strong customer service orientation for a PT Front Desk position, 3pm-11pm shift. To apply email resume to [vrep1@verizon.net](mailto:vrep1@verizon.net) or fax to 703-979-9461.

**Printing CSR/PRODUCTION COORDINATOR**  
For print copy retail company in Arlington. Print-Leader & retail exper. helpful. Please fax resume to 703-907-5901

## Programmer

## Programmer

Growing database publisher seeks programmer in the Washington, DC metro area. Requirements include organization & prioritization skills; team player with positive attitude; ability to work with minimum supervision; experience supporting Windows desktop software, using Internet browser, FTP & browser software; Visual Basic programming; & scripting development. Duties include responsibility for development & maintenance of Internet web site products, development of database content products. Email resume & cover letter to [lpalmer@carrollpub.com](mailto:lpalmer@carrollpub.com) or fax 301-263-9805.

## RECEPTIONIST:

Alexandria RE agency seeks reliable, self-starter w/outgoing personality and computer skills. Email resume: [Maxine@PCRAlexandria.com](mailto:Maxine@PCRAlexandria.com)

## REGISTERED NURSE - Part-time

DC license. Work with disabled in group home settings, NE/SE DC. \$30/hr. Great for retired person. Call Ms. Lacy at 301-203-1942 or 202-575-3840.

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## SECRETARY (BILINGUAL)

For Hispanic non-profit organization in Alex., VA. Able to use computers, translate documents & fill out forms. Fax resume to: 703-998-8997

## Security - \$14 HR

Seeking PT & FT security officers for new unarmed account (new Herndon major office complex).

- State guard licensed preferred, or able to obtain.
- Police or military exp. preferred. Bring to interview, drivers lic. / I.D. or passport, VA guard license (OK if not licensed).
- Bring proof of H.S. Diploma or GED.

Call Patrice between 8:00 am and 5:00 pm Mon-Thurs. to schedule your interview.

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Interviews will be conducted **Wed. & Thurs.**  
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Employer state license # 11-2595.

Social Services &  
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## LRSS OPEN HOUSE

Tues. March 18, 2008 from 12 noon to 6:30 p.m. Bring resume and current driving record for onsite interview. 1 FT weekend position and several part time counselor positions available. **Please call Betsy at 703-893-0068 x17 for more info.**

## TEACHER'S ASSISTANT

For pre-school and School Age, HS degree in Takoma Park. Call 301-588-0083

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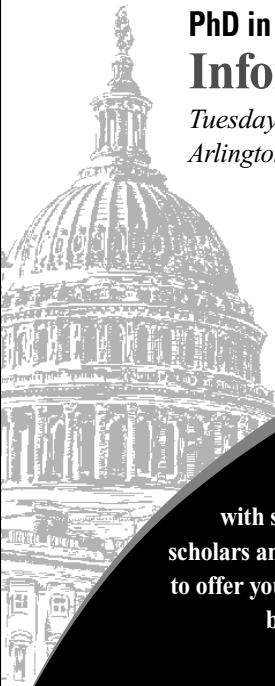
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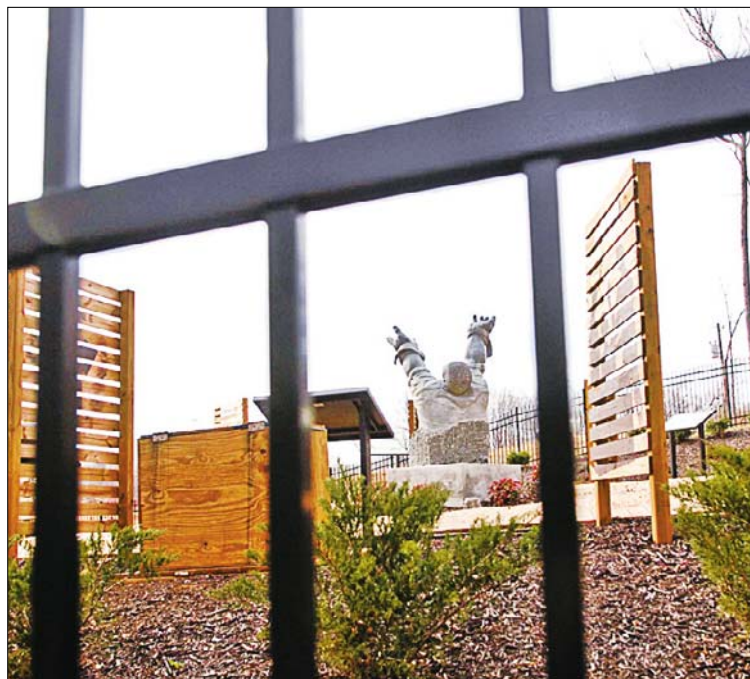
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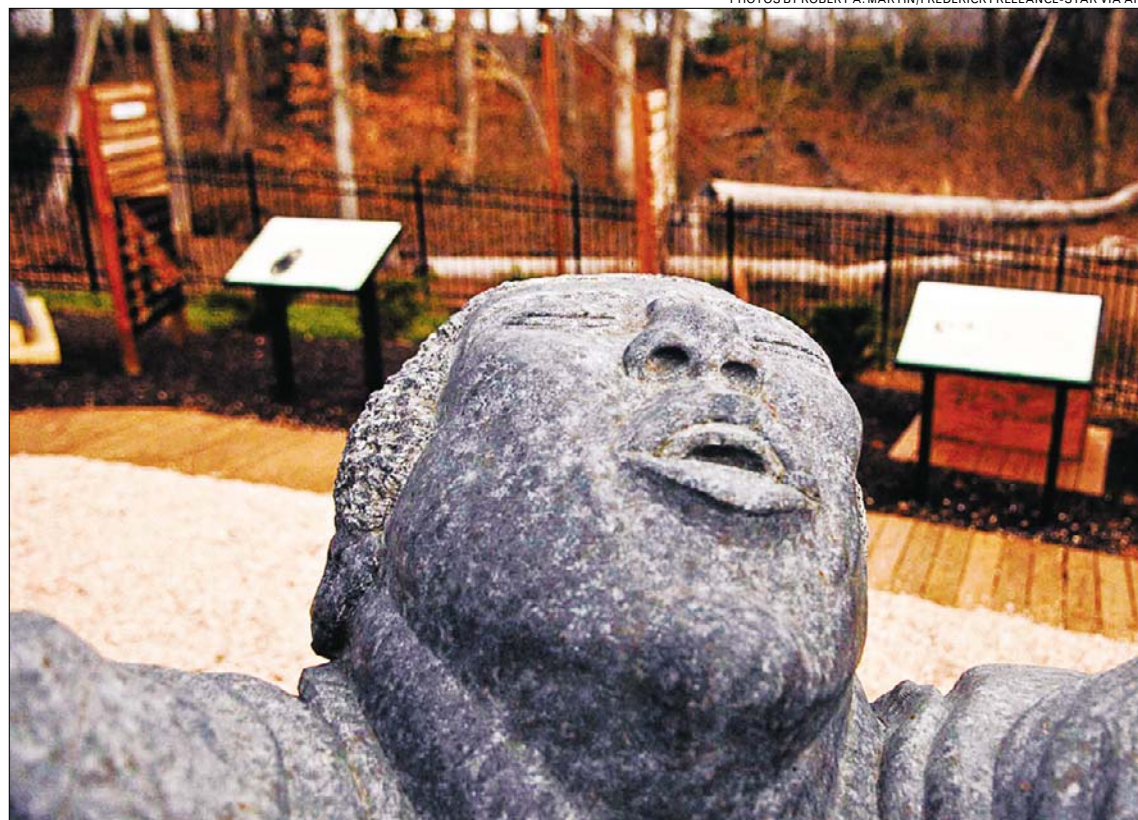
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PHOTOS BY ROBERT A. MARTIN/FREDERICK FREELANCE-STAR VIA AP



**SOME THINGS ARE LOOKING UP:** Two views of the U.S. National Slavery Museum's "Spirit of Freedom Garden" show a sculpture — one of the only signs of the museum's presence — in Fredericksburg, Va.



## History

### Virginia's National Slavery Museum is a work in progress

Near battlefields where soldiers fought to preserve slavery, a solemn stone figure stands, arms outstretched, face turned skyward as if rejoicing over the broken shackles etched into its thick arms.

The sculpture anchors the Spirit of Freedom Garden, a gathering of artwork that's the first, and so far the only, sign of the \$200 million United States National Slavery Museum in Fredericksburg, Va., long anticipated in a region heavy with Civil War history.

It was 1993 when L. Douglas Wilder, the nation's first black elected governor and the grandson of slaves, proposed a museum that would tell their story.

Years later, the museum's future is clouded by shifting opening dates, stalled fundraising and less-than-forthcoming organizers.

Despite millions of dollars in private and public dollars committed to the museum, organizers have given an unclear accounting of their finances: While the museum cites \$50 million available, a 2006 tax return obtained by The

icksburg plot donated by developers in 2001.

When complete, the center will feature a full-scale replica slave ship, and artifacts — from manacles to slave logs — detailing one of America's darkest chapters.

help out.

In June 2006, entertainers Bill Cosby and Ben Vereen hosted a fundraiser in Washington, and that September, Cosby called on Americans to each donate \$8, a number symbolizing slave shackles.

much as I do," Foster said.

"It's a viable project. It will happen. We will build in 2008."

Lately, though, Fredericksburg officials speak tentatively about the project.

"I hope it does happen. I guess I

# Fickle Museum Plans

Associated Press details \$17.6 million in assets, and much of that is believed to be the value of a 38-acre proposed site.

Nearly five years after a ceremonial groundbreaking, the opening has drifted to 2008 and beyond. Contacted by the AP, neither developer Silver Companies nor architect C.C. Pei could say when the museum would open, though Pei said of a 2008 date, "We'd have to get started right now."

Conceived of by Wilder during a trip to Africa, the project was considered for several Virginia regions before organizers chose a Fredericksburg plot donated by developers in 2001.

**“People do want us to begin construction.”**

VONITA FOSTER, DIRECTOR, U.S. NATIONAL SLAVERY MUSEUM

For now, grass marks the site of the Fredericksburg museum along the Rappahannock River.

Organizers blame fundraising they say has slowed amid a struggling economy, and Wilder has tapped powerful friends to

Museum director Vonita Foster said the efforts raised about \$50,000 and under \$1 million, respectively.

Cosby declined an AP request for an interview and a spokeswoman denied Foster's suggestion that the entertainer was planning a donation.

Foster is conscious of the skepticism, even as she counts the donations arriving at her office daily — just under \$20,000 in gifts from average Americans each month.

"People do want us to begin construction, and I want us to begin construction. Nobody wants it as

have to leave it at that," said Mayor at-large Thomas Tomzak.

Setbacks aren't uncommon among new museum projects, explained Ford Bell, president of the American Association of Museums. Bell cited Washington's National Museum of the American Indian, which was first established in 1989.

"The building wasn't completed until 2004," Bell said. "So it can take a long time sometimes to get your story together, and you've got to do a lot of pavement pounding and convincing people."

DIONNE WALKER (AP)



# Midwestern Concerns

## Lifestyles

### States like Iowa are trying to entice young college grads to stay

Like many Midwest 20-somethings, Chris Diebel left for Los Angeles after graduating college in Des Moines, Iowa. Unlike many of them, he came back.

Convincing educated former residents like Diebel to return has become a priority for nervous Midwesterners worried about a brain drain of educated young professionals.

Iowa's Democratic governor, Chet Culver, is taking a vocal approach to the problem because concerns are so high about a looming state work force shortfall.

Economists predict that within five years, Iowa — a state of 3 million people — will have 150,000 more jobs than workers. If the trend isn't slowed or reversed, the gap could widen even further and



Des Moines resident Chris Diebel, 27, recently returned to Iowa from California.

companies unable to find workers might leave the state or drop plans to set up shop here.

"We must reverse this trend, and our economic future depends on it," Culver said.

In hopes of retaining college-educated residents and attracting out-of-staters, several Midwest states have turned to the place where many young people feel most comfortable: the Web.

**Economists predict that within five years, Iowa — a state of three million people — will have 150,000 more jobs than workers.**

Nebraska has created a social and career networking Web site and young alumni clubs for college graduates. And, in part to entice graduates to stay, the state created tax incentives for companies that create at least 75 jobs paying significantly higher-than-average wages.

Neighboring North Dakota has started programs to help private companies offer internships, and the state assigns employees to promote careers in North Dakota to high school students.

The problem in Iowa is especially vexing: The state ranks last in the country in the retention of college

graduates, with fewer than half opting to stay in the state. Wisconsin, in comparison, retains 80 percent of its college graduates.

"We're seeing dramatic losses in people with bachelor's degrees or higher," said Kyle Carlson, chairman of the Generation Iowa Commission, a panel of 20-somethings formed to deal with the problem.

After holding meetings across the state, the Generation Iowa Commission offered a host of recommendations to the Legislature, including tax credits to help Iowans pay off student loans, merit-based scholarships to attract and retain top students, and programs to train people in occupations facing the greatest shortages.

All of the effort is focused on people like Diebel, who was drawn back to Des Moines from California by a combination of economic and less tangible factors.

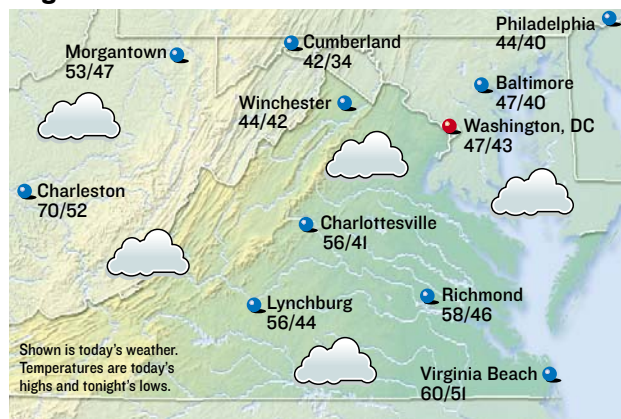
"I came back because I really liked the idea of being in a city where you could get involved in just about anything you wanted to and make a difference," said the 27-year-old marketing director for a hospitality management company.

"You hear that this is a great place to raise kids and a family. They also need to make it a great place for young people to have fun," Diebel said. MICHAEL J. CRUMB (AP)

### 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy	Partly cloudy	Afternoon rain, thunderstorms	Partly sunny, windy	Partly sunny, then mostly cloudy	Mostly cloudy, chance of rain
47°	43°	66° / 47°	54° / 36°	55° / 37°	49° / 33°

### Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

### Almanac

Washington, D.C., through 4 p.m. Mon.

#### Temperature

High	52°
Low	34°
Normal high	56°
Normal low	38°
Average humidity	38%

#### Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	2.21"
Normal month to date	2.00"
Year to date	7.75"
Last year to date	7.83"
Normal year to date	7.95"

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

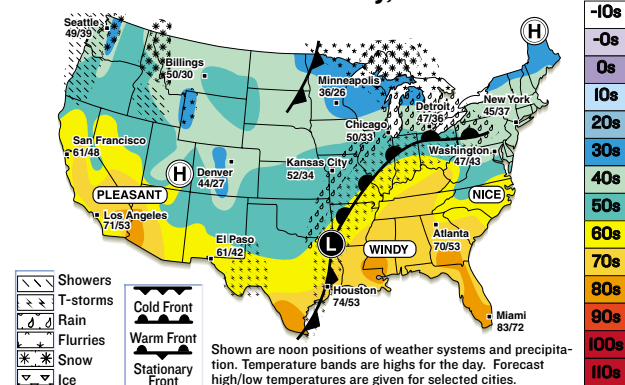
**D.C. Metro:** Today, mostly cloudy. High 47. Wind south 6-12 mph. Tonight, partly cloudy. Low 43. Wind south 7-14 mph. Wednesday, showers, thunder.

### Sun and Moon

Sunrise today	7:14 a.m.
Sunset tonight	7:18 p.m.
Moonrise today	4:22 p.m.
Moonset today	5:40 a.m.



### National Weather for Tuesday, March 18



### National Cities

City	Today	Wed.
Atlanta	70/53/c	65/39/t
Boston	46/34/s	46/37/sn
Chicago	50/33/r	42/26/c
Dallas	60/45/t	67/41/s
Denver	44/27/pc	59/32/c
Honolulu	82/72/c	83/70/pc
Los Angeles	71/53/s	70/52/pc
Miami	83/72/s	86/72/s
New York City	45/37/pc	49/40/r
Orlando	82/63/s	87/62/pc
Seattle	49/39/sh	49/37/r

### World Cities

City	Today	Wed.
Amsterdam	48/36/sh	46/39/c
Athens	66/50/pc	66/50/pc
Berlin	39/28/sn	43/25/sf
Buenos Aires	82/66/pc	86/68/t
Calgary	44/18/pc	39/18/pc
Dublin	46/34/pc	48/41/pc
Geneva	41/27/pc	44/31/pc
Moscow	41/28/c	39/28/c
Rome	61/48/pc	63/41/pc
Sydney	81/64/s	82/68/s
Tokyo	60/46/pc	60/50/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



Styles

Look  
out

# Cotton To It

**No longer just a prefix** for candy and gin, cotton is now cropping up as an active ingredient in skin and hair care products. The fabric of our lives apparently can bring the extra softness to your personal care routine that we thought only a comfy sweater or Charmin Ultra Soft could provide. Here's a harvest of products we've cottoned to recently. (Who knew it could also be used as a verb?) DANIELLE PARNASS (EXPRESS)



↑ If you're looking for a light face cream to soothe red, irritated skin, splurge on L'Occitane's **SHEA AND ORGANIC ULTRA COMFORTING CREAM** (\$38, [usa.loccitane.com](http://usa.loccitane.com)). Cotton seed extract is the driving ingredient behind its splendidly soft results.



↑ The no-fuss **JACK BLACK ALL DAY OIL-CONTROL LOTION** (\$26, [Getjackblack.com](http://Getjackblack.com)) is suitable for keeping even the manliest of men shine-free. One tester: "Chicks won't even know I've primped."



← Cotton seed extract can condition your hair? Yeah, yeah, we get the picture. Cotton equals softness. **FRESH COTTON SHAMPOO** (\$26, Sephora) also uses cotton powder to give tresses added texture. We found it conferred both volume and sleekness in equal measure.



↑ In Borba's take on the cotton trend, (\$30, [Qvc.com](http://Qvc.com)), hydrolyzed cotton fibers soak up oil. While it seems a little gooey at first, it won't leave you sticky — or shiny.



← Tired of cotton references yet? At least your eyes don't have to show it. With **SKYN ICELANDIC RELIEF EYE CREAM** (\$45, [Skyniceland.com](http://Skyniceland.com)) you don't even need to sleep your worries away. It uses cotton powder to fill in small wrinkles and fine lines to brighten those baby blues ... or browns or greens.

## Beauty



### Ariel Would Approve

The letters in Lancôme's new L.U.C.I. collection stand for "Luminous Colorless Color Intelligence." Based on that, you'd think **LIGHT COLOR IN MOTION EYESHADOW DUO** (\$45, [Estelauder.com](http://Estelauder.com)) would produce some awesome CGI effects on your lids. While it doesn't do quite that, the iridescent shadow is lovely. The packaging, however, is truly extraordinary: An oyster-shaped compact, complete with faux pearl. ERIN CLEMENTS RUSHING

## Beauty



### Glitter Eats Tokyo

Why is there such a glut of glitter in the world? Are we unaware of some controversial government subsidy program for struggling glitter farmers? Lip gloss and eye shadow are understandable. Body lotion we can tolerate. But face cream? Unfortunately, the "light diffusers" in the otherwise fantastic **AUTO PILOT DREAM CREAM FOR FACE** from Napoleon Perdis (\$75, Sephora) appear to be nothing more than tiny glitter specs. The sparkle is subtle, but still surprising for product meant for daytime use. Although we enjoyed the light feel and scent, we still fear glitter-powered cars in the not-too-distant future. E.C.R.



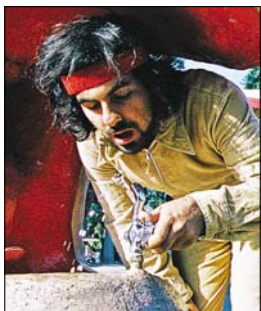

[readexpress.com](http://readexpress.com)

## site specifics

### MUSIC

#### Fresh Outta Fresno

The indie rock band Rademacher is the biggest band ever to come out of Fresno, Calif., and that's saying nothing. The up-and-coming group plays DC9 on Tuesday, and Tony Sclafani spoke with singer-guitarist Malcolm Sosa about his nowhere town and Rademacher's spiky sound. | COMING UP



### ENTERTAINMENT

#### Can't Stop, Won't Stop

Nearly three years after Katrina and five years since the Iraq war began, the Hip Hop Caucus has put together the We Care Concert Tuesday at the 9:30 Club to help those displaced by the storm and the war. Ian Herbert caught up with some of the organizers and artists. | COMING UP

### EATING AROUND

#### Shot of Honor

Oyamel is the area's first restaurant with an Agave de Oro certification from the Tequila Regulatory Council of Mexico. Michael Grass spoke to GM Steve Fowler about Oyamel's preparation for the Tequila and Mezcal Festival, which starts Tuesday. | COMING UP



## comment board

### “The Constitution

is pretty clear on this one. If they do uphold a ban, I'd love to hear the doublespeak they use to claim it isn't breaking the Constitution.”

**COMMENTER ACORRECTPERSON**, WHO ADDED, “IT'S NOT LIKE ANY OF DC'S BRILLIANT IDEAS HAVE SHOWN ANY SIGNS OF WORKING.”

### “No, I don't think so.

The Constitution clearly states that militias have the right to bear arms. That specification will be overlooked.”

**COMMENTER BILL-US**, WHO ADDED, “THE CLIMATE IS JUST RIGHT FOR OVERTURNING THAT BAN. THE PROPER JUDGES ARE IN PLACE AND FEAR IS AT THE RIGHT LEVEL.”



**“Remember**, the Supreme Court is ruling on whether this ban is constitutional or not. Whether the gun ban itself is a good idea or not is irrelevant.”

**COMMENTER LYRIA**, RESPONDING TO MONDAY'S POLL CENTER QUESTION, “DO YOU THINK THE SUPREME COURT WILL UPHOLD THE DISTRICT'S BAN ON HANDGUNS?”

## poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK THE SUPREME COURT WILL UPHOLD THE DISTRICT'S BAN ON HANDGUNS?

**63%**  
NO

**37%**  
YES

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)



“Unlike the Chinatown buses, BoltBus also has wi-fi so you can surf all the way up the eastern seaboard. What more could you ask for?”

**BLOG.GEORGETOWNVOICE.COM** FINDS THE NEW BUS SERVICE, WHICH ADVERTISES FARES STARTING AT \$1, HAS MANY ADVANTAGES OVER THE USUAL EAST COAST DISCOUNT BUSES.



HELAINE SEIDMAN FOR THE WASHINGTON POST

**“I'm really tired of old guys like Les Moonves blaming their bad news on a woman, just because she's a woman.”**

**PUNDITMOMI.BLOGSPOT.COM** REACTS TO THE CBS PRESIDENT'S RECENT COMMENTS THAT MEN'S LACK OF TRUST IN KATIE COURIC IS THE REASON FOR “CBS EVENING NEWS” RATINGS BEING DOWN.



**“IT IS A RITUAL** unlike anything else in sports. Fifteen minutes of a 20-man army unified in its movements and initiative. A synchronized orchestration on skates that announces the evening's novelty of grace, timing, ferocity, and breath-taking skill. It's sports' most poignant prelude.”

**ONFROZENBLOG.COM** WONDERS, “DOES HOCKEY HAVE THE MOST ALLURING AND IMPRESSIVE PRE-GAME WARM-UP IN ALL OF SPORTS? YES — AND BY A WIDE MARGIN.”

**“IF IT'S HOT ENOUGH** to wear shorts, wouldn't it make sense to put on a short sleeved shirt as well?”

**MARKGUPPY.COM** CAN'T UNDERSTAND WHY ANYONE WOULD WEAR SHORTS WITH A LONG SLEEVED SHIRT.

**“APPARENTLY**, George W. Bush's new favorite line with which to open speeches is that he was running late because Laura was making him watch ‘Father of the Bride.’”

**BRIDALBIRD.WORDPRESS.COM** FINDS IT FUNNY THAT THE PRESIDENT ENJOYS THE LIBERALLY THEMED STEVE MARTIN MOVIE.

## Discussions

### Genetics of Cats

Washington Post science writer **ROB STEIN** and **MONIKA J. LIPINSKI**, a researcher from the University of California, Davis, School of Veterinary Medicine, were online Monday to discuss findings from a study of cats' genes, including which breeds are most closely related and where they most likely originated.

**I was wondering if there are any thoughts on what the origins of domesticated cats were, meaning, where did the first cats come from and what kind of a species was it?** Researchers believe cats were

domesticated some 10,000 years ago. This and some earlier research suggest that probably occurred in a part of the world known as the Fertile Crescent. That's where agriculture began, and researchers think cats probably started living close to humans to hunt the rodents that fed on stored grain.

**Why are cats tame? And how closely related are they to small wild cat species such as the bobcat, lynx, etc.?**

Cats are tame because ancient humans chose the tame animals and allowed them to coexist in our settlements. Also, the tamer animals were more likely to approach human camps in the first place. Domestic

cats are not closely related to bobcats or lynx; their closest relatives are the wildcats. (*Felis silvestris* species.)

**I've heard that white hair is one of the marks of domestication in animals. Is this true for cats? Do wildcats ever have white fur?**

White hair would make a cat in the wild more visible in the forest setting, therefore making it harder for him to hunt. To my knowledge, wildcats do not have any white markings.

### TODAY ON DISCUSSIONS:

Post Garden Editor Adrian Higgins offers advice on getting your garden in shape for spring at 11 a.m. | [washingtonpost.com/discussions](http://washingtonpost.com/discussions).

**DO**

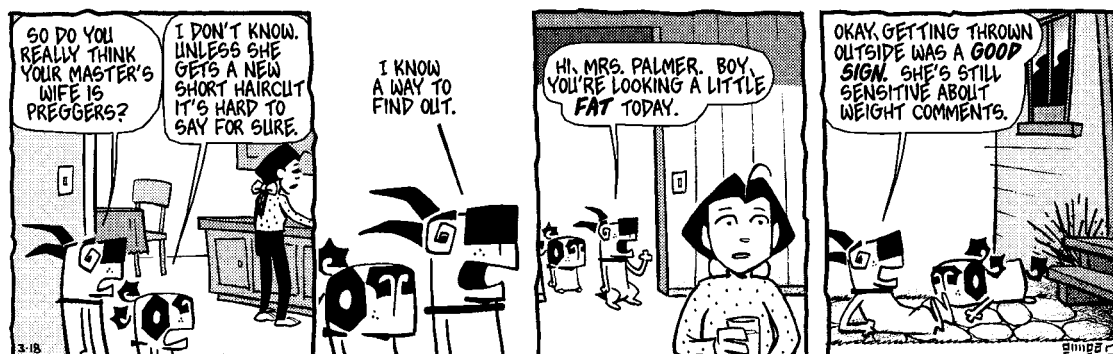
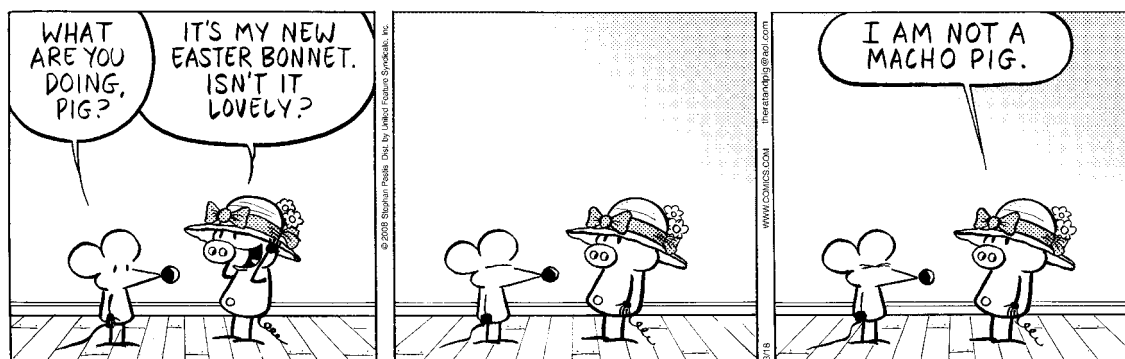
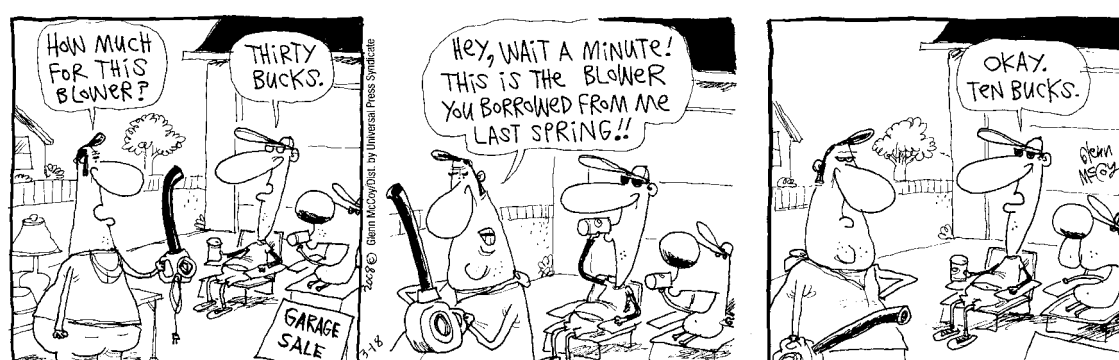
**EXPECT MORE DUNKIN DONUTS IN THE AREA.** Dunkin Donuts says it plans to open 70 stores in the Washington metropolitan area, in parts of Northern Virginia and the Maryland suburbs. The Massachusetts-based company hopes to open the franchise locations in the next three to five years.



**Bizarro** | Dan Piraro

**Cornered** | Mike Baldwin


"Then I grabbed the ice pick - I mean, pickax. Sorry, I always get those two mixed up."

**Pooch Cafe** | Paul Gilligan

**Pearls Before Swine** | Stephan Pastis

**The Duplex** | Glenn McCoy


## Horoscope

By Stella Wilder

**PISCES (Feb. 19-March 20)** Those who are most similar to yourself may prove most irritating when all is said and done; it's a good day to explore differing views.

**ARIES (March 21-April 19)** What are you really after? This question must be answered before you can make any real progress at this time. You must also be honest.

**TAURUS (April 20-May 20)** You may be compelled to take action that others do not understand, but in the end they'll surely be your wholehearted supporters.

**GEMINI (May 21-June 20)** Now is no time to rebel against those who have, in fact, done a great deal for you in the recent past. It's time, rather, to show your gratitude.

**CANCER (June 21-July 22)** You know how to get things done, but someone may be standing in your way. In the end, a battle of wills may be unavoidable — but you can win.

**LEO (July 23-Aug. 22)** You may be seri-

ously thinking of doing something that is not in your nature — and someone will take your side and talk turkey with you.

**VIRGO (Aug. 23-Sept. 22)** Retreat may be necessary before regrouping and remounting a successful assault on a major goal.

**LIBRA (Sept. 23-Oct. 22)** Trust in your creative energies and you should enjoy unexpected rewards — if not by day's end, then soon certainly.

**SCORPIO (Oct. 23-Nov. 21)** You may receive an unexpected payoff — though you may not want to advertise that fact just at this time.

**SAGITTARIUS (Nov. 22-Dec. 21)** A puzzling, cryptic message comes your way, and you'll be forced to react in a manner that may surprise those who are looking after you.

**CAPRICORN (Dec. 22-Jan. 19)** Budget and spending are foremost concerns, and don't make the mistake of thinking that things are more flexible than they really are.

**AQUARIUS (Jan. 20-Feb. 18)** You may be feeling rather insecure; don't fall into a pattern of behavior marred by a lack of confidence if you're not careful.



President Eisenhower signed the Hawaii statehood bill on this day in 1959.

## Today in History

**1766** Britain repeals the Stamp Act of 1765.

**1837** Grover Cleveland, the 22nd and 24th president of the United States, is born.

**1858** German mechanical engineer Rudolf Diesel, the inventor of the diesel engine, is born in Paris.

**1922** Mohandas Gandhi is sentenced in India to six years'

imprisonment for civil disobedience.

**1937** About 300 people, mostly children, are killed in a gas explosion at a school in New London, Texas.

**1959** President Eisenhower signs the Hawaii statehood bill.

**1965** The first spacewalk takes place as Soviet cosmonaut Aleksei Leonov goes outside his Voskhod 2 capsule, secured by a tether.



# LOOK out

## People



KEVIN WINTER/GETTY IMAGES

A haze of wholesome enveloped them.

### SIBLINGS

#### Britney and Jamie Lynn Were Unavailable, Alas

**DONNIE** and **MARIE OSMOND** will host the upcoming Miss USA pageant. The brother-sister duo will perform on the NBC Universal show April 11 from Las Vegas. (AP)

### CHARITY

#### Brad and Bill Help Together



Former President Clinton and **BRAD PITT** met with hundreds of volunteers in New Orleans Sunday. A foundation headed by Pitt plans to begin building affordable homes for Hurricane Katrina victims. (AP)



PETER MACDIARMID/GETTY IMAGES

### FINALLY!

## Now, Stop Whining

Paul McCartney's divorce from **HEATHER MILLS** was settled Monday for \$48.6 million — an enormous sum, but a fraction of what she had sought and a sliver of the former Beatle's \$800 million fortune. The judge awarded Mills a lump sum of \$33 million plus the assets she currently holds worth \$15.6 million. "I'm so, so happy with this," Mills told reporters. (AP)

### CRIME

#### Federline Accused of First-Degree Freeloading

### BRITNEY SPEARS

was ordered by a court commissioner Monday to pay ex-husband Kevin Federline \$375,000 to cover his attorney fees in their child-custody dispute. Mark Vincent Kaplan, Federline's lead attorney, had asked for nearly \$500,000. Commissioner Scott Gordon issued



Men never make passes at Britney in glasses.

the order in response to arguments presented last week.

Spears' attorney Stacy

Phillips argued that Kaplan was overbilling and that Federline can pay his own legal bills, but Gordon wrote that Spears' actions led to a great majority of the litigation and delays in the case. (AP)

### SPLENDOR

#### Child of Halle, Model, Outshines Sun, Moon

**HALLE BERRY**, 41, had a baby girl Sunday, and "is doing great," said her publicist, Meredith O'Sullivan. The father is 32-year-old model Gabriel Aubry. The two met while shooting a Versace ad in Los Angeles two years ago. Berry told Oprah Winfrey on her show last year that playing a mother in her latest movie, "Things We Lost in the Fire," helped convince her that motherhood was for her. She also said she and Aubry do not intend to marry. (AP)



PAUL WHITE/AP

Pregnancy apparently made Halle Berry look like J. Lo. as a mime.

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# LOOKout

## CROSSWORD | BE AWARE

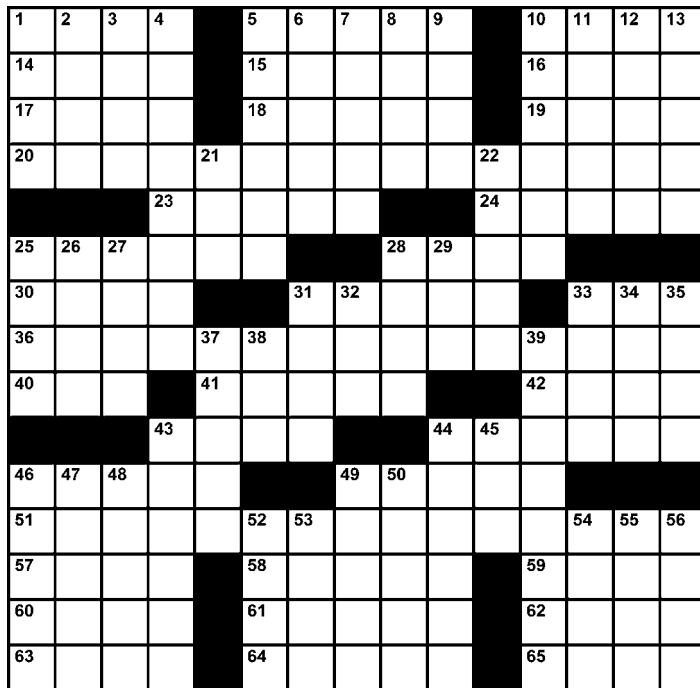
### ACROSS

1 Balm ingredient, often  
5 "Love Story" novelist Erich  
10 Kirk, for one, briefly  
14 A shark might give you one  
15 Lying facedown  
16 "Fixing a \_\_\_\_" (Beatles song)  
17 Audio effect  
18 Angry crowd sounds  
19 "Elsa's Dream," for one  
20 Played with fire  
23 Parts of stable families?  
24 Fatigued  
25 British or Byzantine, e.g.  
28 Argue  
30 Alphabetize, e.g.  
31 "The farmer \_\_\_\_ a wife ..."  
33 Certifiable, so to speak  
36 Living dangerously  
40 At the same time  
41 Prune or raisin descriptor  
42 First word of many fairy tales  
43 Singer known as the Sparrow  
44 Labor followers  
46 Cold-water flat?  
49 Alarm  
51 Be involved with risky business  
57 Creator of the Republican elephant  
58 Disassemble, in a way

59 Vague amount  
60 Heraldic border  
61 Public tiff  
62 Bearded bloom  
63 Put on a peg  
64 Tastiness  
65 "Dead \_\_\_\_" (Dick Francis mystery)

### DOWN

1 Guinness of "The Lavender Hill Mob"  
2 As written, in music  
3 Waimea Bay's island  
4 Vastness of size  
5 Bubble's shape  
6 Weaken, as confidence  
7 Services' counterpart  
8 Voting "no" on  
9 It's sometimes more  
10 It can come after a shot  
11 It's just above the heart  
12 Buy-oneget-one-free item?  
13 Demonstratively sad  
21 Barnacle Bill, for one  
22 Covered with water  
25 Lay eyes on  
26 Cindy Crawford feature  
27 Fall lead-in?  
28 Accident cause, perhaps  
29 Cat, often  
31 "At last, the weekend!"  
32 Feeling of reverence  
33 Desirable

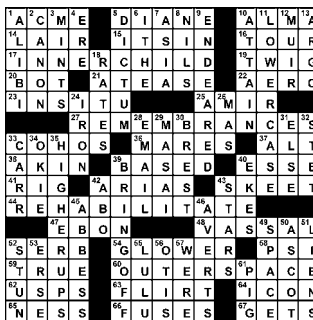


EDITED BY TIMOTHY E. PARKER

collectible condition  
34 Aqueduct formation  
35 "Disco Duck" singer Rick  
37 "Dumbbell!"  
38 Shooters' gp.  
39 Kind of medicine  
43 Turned left, at sea  
44 Nag, nag, nag  
45 "No Time for Sergeants" playwright Levin  
46 "Otherwise ..."  
47 Angry look

48 Hosiery material  
49 Antibiotic target  
50 California city or cotton cloth  
52 Dweeb  
53 Andean ancient  
54 "An Inconvenient Truth" creator  
55 Arab League bigwig  
56 "And now, the \_\_\_\_ of the story"

### Yesterday's Solution



## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

5	8	6	7	3	9	1	2	4
3	2	7	5	4	1	9	8	6
9	1	4	6	2	8	7	3	5
7	9	1	8	6	4	2	5	3
8	4	2	3	7	5	6	1	9
6	3	5	9	1	2	8	4	7
2	7	3	4	8	6	5	9	1
4	5	8	1	9	7	3	6	2
1	6	9	2	5	3	4	7	8

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Christian Relations | Literature and Society

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| Religious Studies | Social and Public Policy

| Theory and Practice of American Democracy

| Visual Culture

### INFORMATION SESSION

Tuesday, March 25, 2008 | 6:00 p.m.

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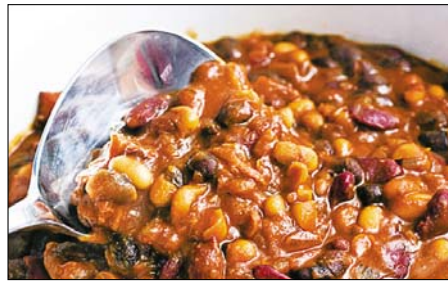
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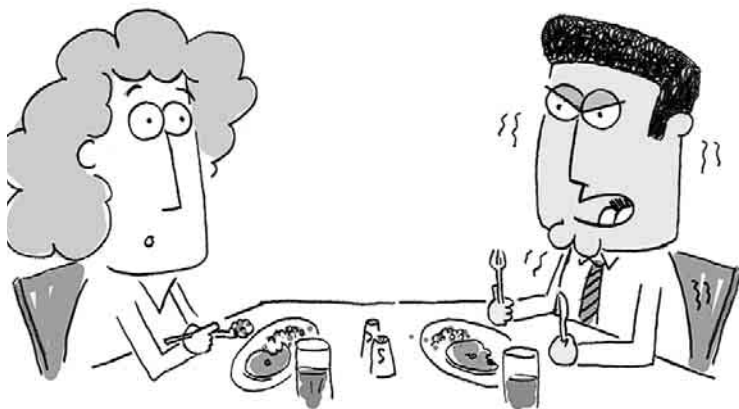
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## ‘Must You Breathe So Breathe-ily?’

**Q** My boyfriend of two years has this really strange habit of critiquing very minor things I do. Whether it's the way I put too much dressing on my salad, or the way I roll my sleeves up on my sweater if I'm holding something, or if I make a mistake and use the wrong word in a sentence. He either makes some comment about what I'm doing wrong or makes fun of me for being "weird." It gets to me to the point where I can't really do anything around him without feeling like he's watching me, and it's just really annoying. When I ask him about it, he says that's just the way his family is.

—DON'T KNOW WHAT TO DO

Strange habits involve drinking one's pudding through a straw or using one's fingernail as a Phillips screwdriver. This, unfortunately, is a bit less forgivable.



*"Must you hold your fork that way? I mean, really!"*

ERIC REECE

There's a problem here bigger than his criticism, and it's that he doesn't want to take responsibility for his actions. Blaming his family suggests not only that he's not willing to work to change his problematic behaviors, but also, more insidiously, that he disregards your feelings and believes he has a free pass to make you upset. That's the real red flag about a future together, especially if his aggression — and that's what it is, though it's subtle now — ever gets worse.

There's a chance it's just his desperately-needs-work way of being affectionate, but he really, truly needs to know that it's damag-

**Strange habits involve using one's fingernail as a Phillips screwdriver.**

ing to you. And then he can either work to change it, with your help and patience, or he can realize that his inability to keep from extemporizing on how bad your sweater sleeves look just cost him a relationship.

## The Gossiper And Gossipee

**Q** There is a woman in my circle of friends at work who has become very, very catty. It's gotten to the point that the majority of the time we spend talking to each other is spent talking about other people, including our mutual friends. I used to enjoy it because she can be funny and interesting, and I will admit that the gossip is a nice break from talking about more serious "real world" stuff. But at the same time, I am starting to realize that someone who talks about everyone else all the time is probably talking about me, too. Have I been naive all this time? Can this friendship be saved?

—WONDERING IN NORTHERN VIRGINIA

It's impossible for me to say if indeed this woman is talking bad

about you behind your back — did you happen to embrace the capelet trend a little too heartily?

But it's wise to be wary. There's a very fine line between idle, anything-to-keep-me-from-talking-about-the-copier-jamming-again gossip and manipulative, secretive put-downs. Your describing your friend as "catty," though, leads me to believe that the talk has crossed from benign to mean-spirited, and in fact may be making its way to the arena of "Mean Girls."

You might first try consistently to steer the conversation away from badmouthing others. The more you remove yourself from the circle of gossipers, the less likely you'll be targeted as gossipee. If the friendship flounders without its trademark dirt content, you'll know that even though the juicy talk is titillating, it's also dangerous, and you might want to get some distance. As for worrying that she'll speak ill of you if you let the friendship fade? That one's cake — odds are she was doing it anyway.

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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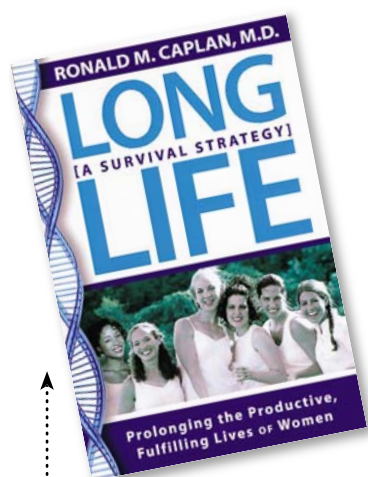
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## GUINEA PIG



## Moose's Juices

■ We scoffed when we got Froose in the mail. "Another healthy juice box!" we groaned. "The market is saturated, silly juice-box-making people!" Then we drank some. Then some more. Then we really wished they came in larger sizes, perhaps gallon jugs. Each teeny 4.23 fl. oz. box (\$9 for 12, Froose.com) has three grams of fiber and has the concentrated taste of a fruit leather made drinkable, only not quite as sugary.

Downing them five at a time made us feel smug, virtuous and ultimately a little nauseated (as one would expect with too much of anything, even insanely healthy juice boxes). They're 100 percent organic and sweetened with wholesome-sounding ingredients like brown rice syrup, brown rice flour and elderberry liquid. Also adding to the appeal: The mascot is a moose. Why a moose? Probably because it rhymes with "froose." HOLLY J. MORRIS (EXPRESS)



### TRUE TO LIFE

Maybe no one wants to live as long as that cop on "New Amsterdam" (he's pushing 400), but a few extra years would be nice. Unfortunately, Ronald Caplan reveals nothing all that surprising in "Long Life: A Survival Strategy" (\$20, MJ)—don't smoke, watch what you eat, exercise (but don't get injured) and go to the doctor a lot.



### SIZE MATTERS

"Just a little bit" and "a little bit more" make for better song lyrics than cooking directions—especially if you're watching your waistline. Keep yourself honest with Fit & Fresh's Smart Portion Prep Center (\$25, Amazon.com), with a built-in measuring cup and scale.



### SIMPLE SNACK

Rather than the litany of chemicals found in most grocery-store granola bars, Quaker Simple Harvest (\$3.69 per box) is full of ingredients one can pronounce, like whole grain barley, rolled wheat and, of course, oats. Of the three flavors, we liked the Dark Chocolate Chunk the best.



### ALPHABET SOUP

Whether rubbing vitamins on your face is as good as swallowing them is debateable. Skinprep FX makeup primer (\$45, Coverfx.com), containing A, C, E and F, swears by the former. We can't tell, but the slightly greasy gel did indeed make powder and blush easier to blend.



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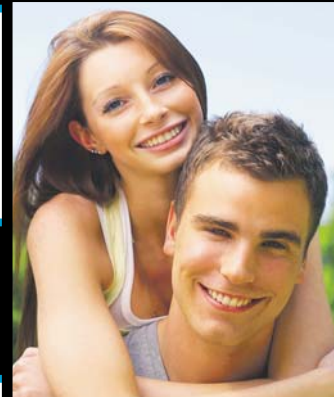
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## THE MISFITS

## A Call to Arms

**Q** I am a 55-year-old, 180-pound paramedic and spend a lot of time lifting people far heavier than me. Last year I developed bilateral epicondylitis (tennis elbow). I went through physical therapy, was pronounced sound, went back to work, and now the tennis elbow is back. What exercises can I do to compensate for this condition? — JIM

■ You toss around medical jargon impressively, but it sounds as if your stretcher-lugging technique could use some work, says Tim McCullough, of D.C.'s Sport + Spinal Physical Therapy. Building more arm strength won't help, at least not while you're on the job and continuing to repetitively stress the same muscle. "If you're already ticking it off by overusing it, you may end up overwhelming it with exercise," McCullough explains.

A better bet is to get someone to examine your lifting form. McCullough has a hunch you're always lifting with your palms facing down (when you should be lifting with palms up to reduce the strain on your tendons), and not taking full advantage of strength in the rest of your body.

To manage the pain, try stretching. Here's a classic: Stick one arm straight in front of you and hang the palm down so it's facing your chest. Then take the other hand and apply pressure to the back of the first hand. Hold for 30 seconds.

**@** Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact The MisFits at misfits@washpost.com.

## VITALSTATS

12

PERCENT THE SYPHILIS RATE ROSE IN THE U.S. BETWEEN 2006 AND 2007. ACCORDING TO THE CDC, IT'S THE 7TH YEAR IN A ROW THE RATE HAS RISEN.



Jeremy Lafreniere of Capital Jiu Jitsu shows how he can manhandle just about anyone thanks to his martial arts training.

## Get a Fighting Chance

Mixed martial arts academies let anyone train like a cage combatant

Boxing better beware. A more complex fight is in town, and it'll knock you down, trap you in a clinch and have you begging for mercy before a bone snaps.

"MMA is the baddest thing out there," boasts Scott Howard, who promotes mixed martial arts fights — perhaps better known by its TV moniker, Ultimate Fighting — in Virginia and has just opened a school in Sterling. "People will pay to see other people get hurt."

And even though it's still a young

sport — the Ultimate Fighting Championship debuted in the U.S. just 15 years ago, and pro matches are still illegal in D.C. — people will pay to learn to do it, too.

Last Monday night, at the Old Town Alexandria location of Capital Jiu Jitsu (Gracieva.com), owner Jeremy Lafreniere was instructing an advanced class on the finer points of a Brazilian Jiu Jitsu combination. Phrases like "I grab his heel and pull it under my armpit" and "I like flaring my leg and putting my knee in his gut" peppered his lecture. But the talk stopped when students paired off to spar. As duos gripped each other for five-minute rounds, sweat puddles formed on the mat and the only noise was heavy breathing.

One combatant was Tom Mee-

han, 28, an Alexandria police officer who hopes to get into a cage by the end of the year.

"It's just the ultimate contest between one guy and another. Who can outlast?" said Meehan, who has already used some of his training on the job.

But as intimidating as Meehan is, he wouldn't survive in a match with Jiu Jitsu alone. While it's a superb art for grappling, a fighter is dead meat without a grasp of striking (punches, kicks and elbow jabs) and clinching (moves that lead to throws and takedowns).

Some schools offer MMA classes, but elite fighters get specific training in as many areas as possible. Then they can combine their skills for a product that's anything but

watered down. Lafreniere insists his team train in Brazilian Jui Jitsu, Muay Thai, boxing and wrestling, and keep their general fitness as honed as possible with CrossFit, an exercise regimen that constantly shocks the body to develop a physique that's ready for anything.

Needless to say, it's a time consuming venture. But it's also a killer way to get into shape — even for folks who thought they already were.

**“It's just the ultimate contest between one guy and another. Who can outlast?”**

"One second you're punching, the next, you're exploding into a takedown," Lafreniere said.

Another student of Lafreniere's, 37-year-old Sean Carow, is considering MMA (just don't tell his wife). But in the meantime, he's amazed at the physical benefits of cross-training with Jiu Jitsu and Muay Thai. His weight has been dropping steadily, while his strength continues to surge.

"You're using everything, so you end up with strange muscles sore," he said.

Getting a total body workout is really the draw for most MMA students, says David Anderson, owner of Herndon's One Spirit Martial Arts (Onespiritmartialarts.com), which offers an even more extensive array of arts — including judo, kali and Krav Maga.

"They're tired of the gym. Instead of going through boring training routines, you get in here and get your endorphins flying," he said.

And although it seems like a dangerous sport, in a controlled environment, injuries are rare.

"It's kind of like that game 'mercy,'" Lafreniere explained. "When it's painful, you tap your opponent."

Maybe that's not as real as what happens in those hyped TV matchups, but just getting to learn some of the moves can make anyone feel like a star fighter.

"They can get a taste, get in shape and get a piece of it," said Anderson. And they can do it while staying in one piece themselves.

VICKY HALLETT (EXPRESS)



Phys Ed | **fit**

# Holy Trap, Back-Man!

Four exercises to keep your posture pretty and your back powerful

Think of your trapezius — the slab of fibers that starts at the base of your skull and extends across your shoulder blades — as the anti-hunchback muscle.

When it's strong, it keeps your shoulder blades together and down, so you look longer and leaner. And not like you should be lurking around some French church.

This routine, from Riley McAlpine, a pro cyclist and personal trainer in Santa Monica, California (for more info, check out [Triacademy.com](http://Triacademy.com)), will get you there. Add these four moves to your strength workout once a week.

## Shrug

Grab a 5- to 15-pound dumbbell in each hand and stand with your feet about hip-width apart. With your arms at your sides, lift your shoulders toward your ears. Hold for five seconds, then lower. Repeat for one minute.

## Trap Walk

Get on a treadmill with a 5- to 10-pound dumbbell in each hand. Bend your elbows 90 degrees and raise them to shoulder height with palms facing forward. Walk at an easy pace and bring your forearms toward each other and back out with the rhythm of your footsteps. Continue for one minute.

Next, start in the same arm position, but raise them straight up then pull them down in time with your steps, also for one minute. Last, combine the moves for a minute: in, out, up, down. That's one set.

Do four sets, resting for 30 to 60 seconds between each.

## Overhead Press

Grab a 3- to 8-pound dumbbell with both hands and stand with your feet about hip-width apart. Lift your right toe behind you so it's a foot off the floor. Raise the dumbbell overhead. Bend your elbows to lower the weight behind you. Press it back up. Repeat for 30 seconds. Switch legs and repeat. That's one set.

Do three to five sets, with 30 seconds of rest in between each.

## High-Low

Standing with your feet about hip-width apart, hold the end of a 3- to 8-pound dumbbell straight above your head. Bend at your hips and lower the dumbbell toward the floor, keeping your elbows straight through the movement. Touch the floor, then reverse the arc until the dumbbell is overhead. That's one rep.

Do three to five sets of 12 to 15 reps, — resting for 30 to 60 seconds between sets.

## 30-Second Fix: Tight Upper Back From Typing All Day Long?

Deadlines are always a pain, but you don't need to allow them to manifest physically. Sit in a chair with your spine straight and your feet flat on the floor, hip-width apart and parallel to each other. Grab the right edge of the seat with your right hand and lean to the left as far as you can, keeping both glutes on the chair and pressing down with your right shoulder.

Hold for 15 to 30 seconds. Repeat to the other side. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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# Don't Need to Hear to Hoof It

Marlee Matlin's salsa steps are no surprise to Gallaudet dancers

Reaction to Marlee Matlin's decision to compete on ABC's "Dancing With the Stars" was a collective, "Really?" Not only has the reality show never drawn a celeb whose name is usually preceded by the phrase "Oscar-winner," but Matlin also represents another first for the sequin-studded program: She's deaf.

Until her debut Monday night, many people thought that impaired hearing made cutting a rug impossible. After all, if you can't listen to the music, how can you be moved to, well, move? Just try telling that to Erin Ginn, 23, a member of the Gallaudet Dance Company.

"It's my passion," she signed during a recent rehearsal.

The troupe of 11 women, all students at the university, taps, hip-hops and grand jetés with as much passion as any hearing counterparts. Maybe more, suggests director Diane Hottendorf,



The Gallaudet Dance Company rehearses for "Imagine Peace," March 28 and 29. For info, see [Depts.gallaudet.edu/dance](http://Depts.gallaudet.edu/dance).

since most of them communicate regularly with American Sign Language, which relies exclusively on body movements and facial expression. Dance allows them to elevate that form to an artistic level — even if they're interpreting in utter silence.

Rehearsals aren't as quiet as one might suspect. In fact, those with normal hearing who'd like

to keep it should bring earplugs if they drop by.

"We do that to use any auditory enhancement we can," explains Hottendorf. Even if they can't hear the lyrics, many deaf dancers can feel the bass if the volume is pumped up.

That doesn't do much to help Nicole Lamont, 23, who's in her fourth year with the company and can only hear a bit of treble (and

thus, has a thing for the stylings of Michael Jackson).

"I can't tell if it's a song or birds chirping," she says. She instead uses visual cues to mark her choreography.

This isn't so different from what happens at an average dance class. But rather than calling out "5-6-7-8" during new material, instructors emphatically whip their fingers into

the number signs.

The trick is keeping that rhythm steady with the music while performing intricate steps that make it impossible to keep a constant eye on anyone's hands.

"You have to know the counts," Lamont signs.

The other lifeline for a disoriented dancer? Watch other performers and copy, she adds — at least they'll be off beat together.

That's an unusual occurrence with this accomplished troupe, which has wowed audiences around the globe.

"There are always people who are surprised," says company member Jenelle Thomas, 22. "But our skills show it all."

After 13 years of dance training, it really shouldn't be astonishing how talented Thomas is. But in typical classes, which rely on song lyrics rather than the beat, she's lost.

Lamont has a similar story. At her first dance class, as the only deaf student: "I didn't perform with them. They didn't even tell me when performances were."

Ginn hopes Matlin's mambos can change that for other deaf dancers.

"Finally we see a deaf person in that setting. They'll see that one deaf person can do it. She'll be a role model," she signs. She might even be a champion. VICKY HALLETT

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# Exercise Rules The Lyons Den

The TV trainer gabs about her workouts, diet and buff hubby

Kim Lyons is a human liposuction machine. As a trainer on NBC's hit reality series "The Biggest Loser," Lyons routinely helped morbidly obese contestants rid themselves of hundreds of pounds in a matter of months, emerging from her training program thin and lithe. She has just released her first weight-loss book, "Kim Lyons' Your Body, Your Life" (\$18, Sterling).

**Did your strategy for working with obese people change after you started "The Biggest Loser"?**

On "The Biggest Loser," I am as much a life coach as I am a trainer to my team. This has given me a closer look

into the mental aspects that often lead to obesity and strengthened my belief that emotional support goes hand in hand with weight loss.

When it comes to the training and the nutrition, my "no excuses" strategy remains strong and consistent. Of course, I'm always updating and expanding my training library and creating healthy recipes to keep things exciting, but in the end, it comes down to good old-fashioned hard work and proper nutrition.

**Can you tell us a little about your own personal workout strategy?**

Many people think I am "genetically blessed and don't have to work out. Trust me, I have to work very hard. Before I became a personal trainer, I was 25 pounds heavier with 26 percent body fat. I worked with a trainer who changed my body and my life and inspired me to do the same for others. Through the years, my



RICARDO DE ARANHA/LOS ANGELES TIMES

personal workouts and goals have changed a million times. I like to mix it up with different activities that are as much fun as they are work. My experience working with obese people has put many things

in perspective for me. I tend to be a lot less critical of myself and never take my health for granted.

**And what about your current diet?** My diet consists of three small

meals and two snacks a day. I focus on having a balance of protein, carbs and fat every time I eat. For example, for breakfast I'll have a few egg whites with some turkey bacon in a whole-grain tortilla. It's

**“Before I was a personal trainer, I was 25 pounds heavier.”**

a perfect on-the-go balanced breakfast that I can wrap up as I run out the door. For a snack, I'll grab an apple and a few almonds, or some low-fat string cheese.

**You recently married a bodybuilder. What's that like?**

It is great to be married to someone that is also so into living a healthy lifestyle. Instead of watching TV, we'll go for a bike ride or out for a hike. We keep each other motivated when the other is having a tough time getting to the gym. We work out together a lot and we always learn from one another and share ideas.

JANET CROMLEY (LOS ANGELES TIMES)

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## BODY TALK

### How to Unstick Stubborn Scales

You're hitting the gym as regularly as possible, you're eating well, so why the heck aren't you losing weight? It's probably a plateau. If you're not enjoying the view, there's good news: You can get better results — in the same amount of time — simply by increasing your intensity.

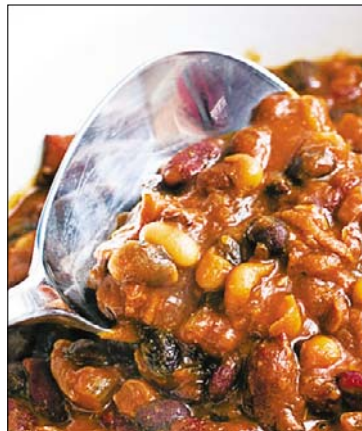
A plateau can mean your body is fighting to hang on to those last 10 or 15 pounds as a buffer against future starvation, especially if you've cut calories. Vigorous workouts, on the other hand, signal your body to release those extra fat stores for energy. To rev up a healthy way, I recommend a 50-50 workout: Do your usual activity, such as walking, but for only half the time; then finish with a new activity like bicycling, jogging or jumping rope. If you work out at a gym, try two cardio machines (maybe a treadmill and an elliptical). By switching exercises midworkout, you'll stay fresh, challenge new muscles and burn more calories because you can give

100% all over again.

In addition to bumping up intensity, check your food intake — you may be eating more calories than you realize. Unconscious nibbling throughout the day — grabbing a few M&M's from your coworker's desk or taste testing while you prepare dinner — can add up. I suggest keeping a food diary (try My Health Trackers) to rein in excess calories and get the numbers on your scale moving in the right direction. BOB GREENE (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC)



## EATINGIN



LARRY GROVE/AP

## Triple-Bean Casserole

Though sometimes called the “poor man’s meat,” beans are rich in protein and have plenty to offer a healthy diet. Packed with fiber and other plant-based nutrients, beans are low-fat, can prolong the feeling of fullness and help control blood sugar levels. To make this dish vegetarian, sub tofu for the bacon.

### INGREDIENTS

- 4 slices bacon
- 1 tsp canola oil
- 1 small yellow onion, chopped (about 1 cup)
- 2/3 cup tomato ketchup
- 3 tbsp cider vinegar
- 2 tbsp molasses
- 1 1/2 tsp dry mustard
- 1 cup water
- 15 1/2-OZ can great northern beans, rinsed and drained
- 15 1/2-OZ can black beans, rinsed and drained
- 15 1/2-OZ can red kidney beans, rinsed and drained

TIME: 50 MINUTES; SERVES: 6

**FOLLOWING** the package directions, cook the bacon until crisp, then crumble and set aside.

In a medium saucepan, heat oil over low. Add onions and cook, stirring often, until softened, about 5 minutes.

Add the ketchup, vinegar, molasses and mustard and stir together thoroughly. Add water, all the beans and bacon. Bring the beans to a simmer, cover and cook over low heat for 30 minutes. Serve hot or cold. (AP)

**PER SERVING: 278 calories; 4g fat (1g saturated); 6mg cholesterol; 48g carbs; 15g protein; 11g fiber; 730mg sodium**

# Warm Up to Your Microwave

The appliance only wants to nuke your cheese, not your cells

No appliance inspires consumer angst like the microwave oven, says physicist Louis Bloomfield, author of “How Things Work: The Physics of Everyday Life.” He should know: Worried microwave owners regularly deluge the University of Virginia professor with e-mails and letters asking if this household workhorse is really, truly safe.

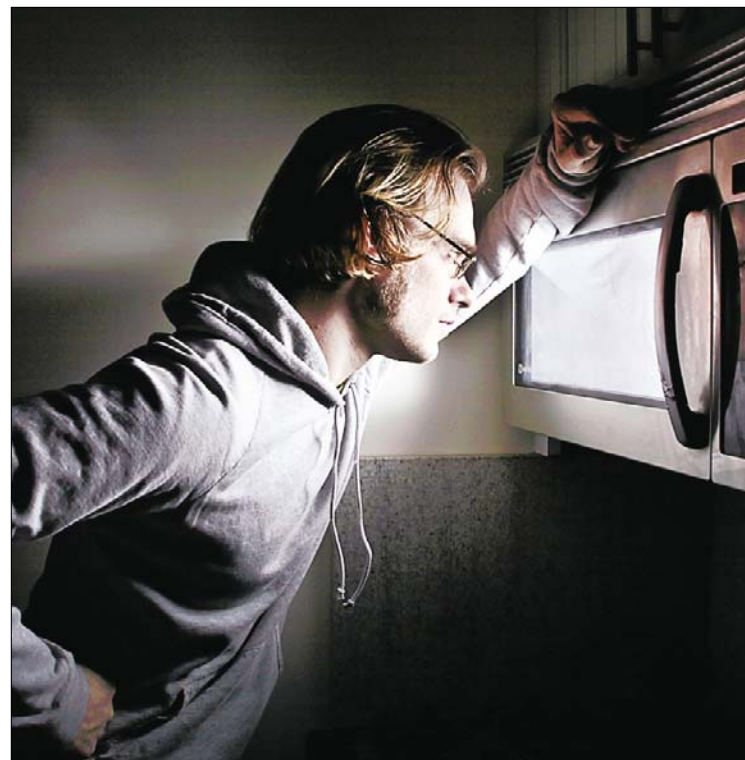
Their number one fear? That microwave cooking can somehow make us sick, even give us cancer.

It can’t, Bloomfield says. Although we associate microwaves with nuclear power (even the dictionary lists microwave as the second definition of nuke), they are generally safe.

## Why They Don’t Cause Cancer

Like the broiler on conventional stoves, microwave ovens use a type of energy called electromagnetic (EM) radiation to warm your grub. Broilers use a form of EM radiation called infrared radiation; microwaves use microwave radiation (hence the name).

While high-energy forms of EM radiation, such as x-rays, can cause cancer, infrared and microwave radiation can’t, because they simply don’t pack enough power to



GETTY IMAGES

damage your DNA, explains Gary Zeman, a spokesman for the Health Physics Society.

All electrical devices, including microwaves, do generate slight electromagnetic fields, he notes. Despite concerns, the National Research Council, after much research, found no link between such fields and cancer. Nor does microwave cooking make food radioactive, change its protein structure or contaminate it in any way, Zeman says. Once microwave radiation is absorbed by your leftover meat loaf, it is transformed into heat.

## Avoid the Real Problems

That said, microwave radiation can cause something akin to a burn — if you’re exposed to it. But that’s not likely to happen. FDA regulations adopted in 1971 so strictly limit the amount of radiation that can leak from microwave ovens that it’s basically insignificant.

So despite what you’ve heard, pregnant women don’t have to stand back from microwave ovens, says Zeman. Even if you open the microwave door before hearing those staccato beeps, you still won’t get exposed. The device that gener-

ates microwave radiation inside your oven automatically shuts off as soon as the door latch starts to lift. One important caveat: If the door hinge, latch, or seal is badly damaged, or the door doesn’t close tightly, significant microwave radiation could leak out of your oven and give you a burnlike injury. You’d know it was happening immediately because it would hurt — a lot. But these injuries are so uncommon that even Zeman hasn’t heard of a single case.

## Other Secrets to Nuking Success

Taking two simple precautions can help you avoid other microwaving pitfalls:

**Prevent “superheating.”** A container of liquid heated to boiling in the microwave can form vapor bubbles that don’t have enough energy to break the surface tension. Pulling such a superheated container out of the microwave will break surface tension, which may make the liquid boil over abruptly. To save yourself from scalds, heat clear liquids for no more than two minutes, and let them sit in the microwave for 30 seconds before removing.

**Ban plastic.** At high temperatures, some plastics can leach potentially dangerous chemicals into food. To be on the safe side, the nonprofit Children’s Health Environmental Coalition recommends nuking in waxed paper or in ceramic or ovenproof-glass dishes with lids.

JULIE EVANS (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



## LOCAL FLAVOR

## Learn to Dress For Success

■ Salads are often the base (and bane) of well-intentioned eaters’ diets. What seems like a light, nutritional meal quickly becomes boring and unappetizing if you chow down on it too often.

Hoping to cure diners of their arugula apathy, the Chop’t Creative Salad Co. chain has moved into the area, with locations in Chinatown (730 7th St. NW), Dupont Circle (1300 Connecticut Ave. NW) and, opening this week, Rosslyn (1735 N. Lynn St.). Hop by the Virginia branch tomorrow for a free sample of



BRIEN MCMANON

Fried onions are one of the alluring choices at Chop’t, but dieters beware.

what staffers can whip up. Salad bars display about 65 ingredients — including not-so-usual suspects like smoked

tofu and fried onions — ready to plop onto a bed of leafy greens.

But calling something a salad

doesn’t mean it’s diet-friendly. For guidelines on how to fill a bowl, we turned to Alexandria holistic health counselor Jennifer Moore Howe (Howtoeat.com). “A bunch of lettuce isn’t going to work for anybody,” says Howe. “I direct people to get as many fruits and vegetables as they can. It keeps the texture interesting.”

Mix in beans, nuts and seeds, too, she says. Need cheese in your salad? Choose one that packs lots of flavor, like Parmesan, so just a sprinkle will do. For dressing, opt for an olive oil-based blend rather than a creamy one, which could undermine an otherwise nutritious creation. KATIE ABERBACH (EXPRESS)



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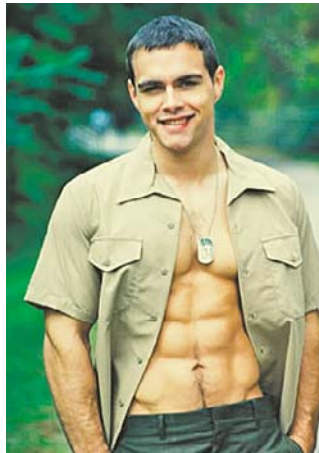
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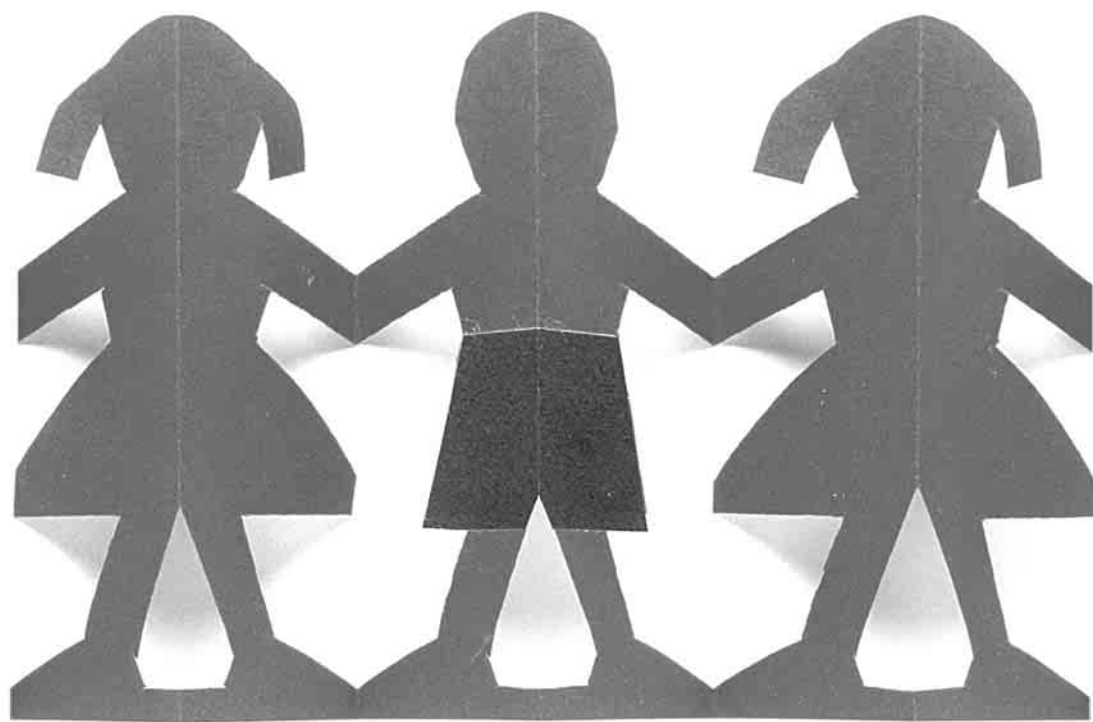
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## Just Friends, Right?

Opposite-sex pals arouse suspicion in mates — and with good reason

It's a risky world out there for married folks who are friends with a member of the opposite sex. Just ask Sen. John McCain.

In his case, the furor centered largely on whether the female lobbyist had special political access. In less high-profile cases, the reaction is focused more personally — on whether a friendship is harming a marriage.

It's not that partnered men and women can't be friends with people of the opposite sex. It's just that with divorce rampant — nearly one in two marriages ends in divorce, and even greater percentages of unmarried relationships fizzle — marriage can seem pretty fragile.

"We become concerned when a married person develops a close friendship with a person of the opposite sex," says Thomas Bradbury, psychologist and principal investigator of the Marriage and Family Development Study at the University of California, Los Angeles. "The problem is that these perceptions are not always misplaced. People have affairs, and they can begin in exactly this way."

Men and women in opposite-gender friendships must tread carefully, behavior and psychology experts say. They also must remember which relationship comes first.

In part, friendship leading to romance happens because what people are looking for in a mate overlaps with what people look for in friendships — companionship, intimacy and, often, validation that they're attractive to the opposite sex, says April Bleske-Rechek, psychology professor at the University of Wisconsin at Eau Claire.

When men and women look for a mate, they look for someone who is similar to them in intelligence, attractiveness, worldview, values, height and weight. The trouble is,

friends look for people who are similar in those ways as well.

"People can be friends," Bleske-Rechek says. "But are they just friends? It's a loaded question because friendships and mate-ships coincide."

Friendships between genders often lead to marriage, but once it does, outside friendships between men and women can complicate people's lives. And the complication is often sexual attraction. Regardless of who is attracted to whom in the friendship, neither gender considers romantic interest a good thing among friends.

Only 10 percent of men say that attraction is a benefit to such a friendship, and 1 percent of women see it as a benefit, accord-

ing to research Bleske-Rechek will present in May at the annual meeting of the Midwestern Psychological Association.

About 15 percent of men with close female friends say that if their friend is sexually attractive to them, it makes their lives more difficult; 33 percent of women say finding a male friend attractive complicates

**“People have affairs, and they can begin in exactly this way.”**

their lives.

But the difficulty they cite most often is their spouse's jealousy. For about 25 percent of middle-aged men and 45 percent of middle-aged women, an opposite-sex friendship is not OK with the spouse.

To silence wagging tongues, opposite-sex "just friends" shouldn't touch, shouldn't share bites of food over lunch, shouldn't stand too close to each other. Crossing those lines fuels gossip. Worse, it can lead to the slippery slope of greater intimacy. Above all, says Stanley Charnofsky, therapist and psychology professor at California State University, Northridge, put your mate first. It's not just an affair that can feel like betrayal, he says.

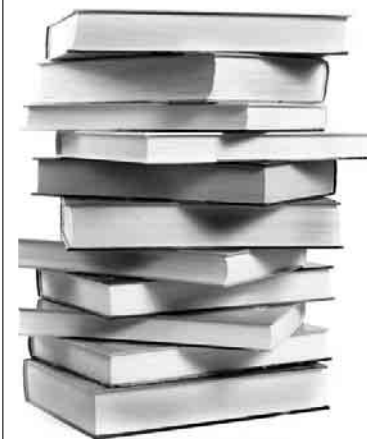
"Is there such a thing as a non-sexual affair? What if you go for coffee at 10 o'clock every day with someone from work and talk intimately with them," he says. "Then you go home, and you don't talk to your spouse." The platonic friend is getting some of the spouse's major perks, even if it isn't sex. SUSAN BRINK (LOS ANGELES TIMES)

## STETHOSCOPE

### ALCOHOL

#### Parental Control

■ The beauty of college (besides the quality education) is that parents aren't meddling in one's affairs anymore. And by affairs, we mean drinking. But according to study led by Dr. Amelia Arria at the University of Maryland in College Park, students who reported higher levels of parental monitoring during high school drank less than their classmates senior year, and they continued to so during their freshman year at college. Maybe Mom kept calling?



### LIFE

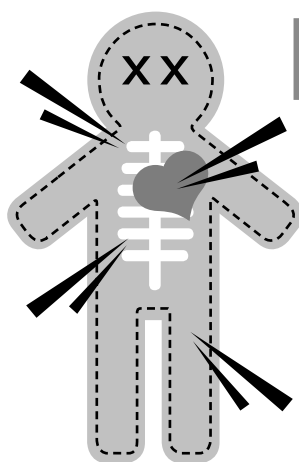
#### Greater Expectations

■ Speaking of college, you should go — and not just for the drinking and insightful lectures. A study published in Health Affairs reports that Americans with more than 12 years of education have a life expectancy of 82, while those with a high school education or less are only expected to make it to 75. At least part of the disparity can be attributed to cigarettes — less-educated people smoke more, and thus suffer more lung cancer and emphysema. And, as lower income and less education are linked, the usual ills of the former also play a role.

### STRESS

#### Freak Out, Grandma!

■ For folks too old to think about hitting the books again, look to your anxiety levels. According to a study of residents of Florida retirement communities presented at the American Psychomatic Society last week, women with high levels of anxiety were expected to stay alive longer than thnoeir calm counterparts. But overly anxious men were more likely to kick the bucket.



## hypochondriac

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